

## Staff strike action causes further disruption to students

Henry Saker-Clark  
Deputy Sport Editor

Industrial action by members of the University and Colleges Union (UCU) took place on Thursday Week 2 and Tuesday Week 3, disrupting lectures, seminars and meetings. The first two of three organised strikes – the last is scheduled to take place on Monday, Week 5 – caused disruption following an ongoing pay dispute between staff and employers.

Strikes organised by the UCU have affected universities across the UK. UCU member Julie Hearn, speaking to SCAN, stated that “the employer’s organisation, UCEA (University and College Employer’s Association) refuses to engage with the genuine concern of those working in higher education, particularly those at the lowest pay levels, taking home less than £15,000 per year.”

Many staff have supported the UCU by taking part in the two hour walkouts. According to Hearn, “our snap post-strike survey showed that 80% of members were aware of cancelled classes, lectures or meetings as a result of the action.”

Hearn told SCAN that nationally the two hour walkouts had proved to be “very successful”. “Large picket lines and rallies, carnival atmosphere – despite the weather in some places – and strong support from students have featured in the many reports received from around the country” Hearn said. The UCU stated on their website that “most branches are telling us that more people supported the strikes than they expected, with many telling us there was more support than during the last one day strikes.”

The strikes follow the industrial action that took place in Michaelmas term...

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Photo by Sammie Caine



### ANSWERS FROM ALEX SQUARE

SCAN Comment are back and asking your opinions on topical issues  
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### VALENTINE'S DAY

Lifestyle has a wealth of information on romantic recipes and tips to make it through the special day  
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## Lancaster University Students' Union votes to boycott The Sun in support of No More Page 3



Jack Perry  
News Editor

The Sun will no longer be sold in LUSU shops, after LUSU Council voted in favour of boycotting the publication in support of the No More Page 3 campaign. LUSU also intends to put pressure on the WHSmith shop on campus

to stop selling the tabloid newspaper, which regularly features naked women on its third page.

The motion to boycott The Sun was passed almost unanimously by the Week 2 session of Union Council. The motion resolves to halt the sale of The Sun in LUSU shops until Page 3 has been removed from the publication. Other newspapers which regularly feature images of topless women are also included in the boycott.

In an amendment to the motion, VP (Welfare and

Community) Tom Fox is also mandated to write to the editor of The Sun, David Dinsmore, officially declaring LUSU's support for the No More Page 3 campaign. The campaign has gained the support of over 130,000 people in the UK. High-profile supporters of the campaign include writer Caitlin Moran, comedian Chris Addison and singer Eliza Doolittle.

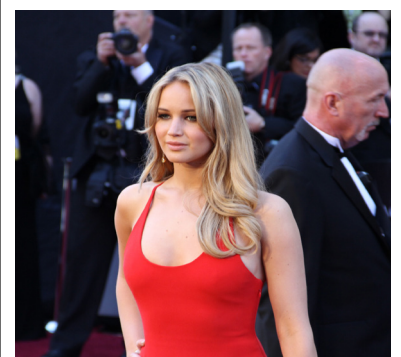
LUSU Councillor Lizzie Houghton – who proposed the amendment to the motion – said she was “pleased” that the motion was passed.

“The motion puts us in line with other student unions,” Houghton told SCAN.

Fox, meanwhile, said that he was “really glad” the motion was passed. “I was not concerned that the Council would vote against [the motion] – we have a very progressive Council – so I knew it would go through,” Fox told SCAN. “There was a lot of good discussion too.”

Fox was keen to highlight that this was a boycott, not a ban. “I think with the No...

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Hannah Brady discusses whether actresses are receiving the recognition they deserve  
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## EDITORIAL



Rachel May Quin  
Editor

Hello readers, I hope this Week 4 edition of SCAN finds you well. We're now seven issues into my editorship of SCAN and I still don't know how to begin an Editorial, so let's skip past this awkwardness and get right into it. Although we've not printed any articles about it this issue, the most recent buzz around campus has been about the Lonsdale 'drunkenness crackdown', where the higher-ups in the college threatened to start fining students

essentially for being drunk. Unfortunately, Lancaster is getting a pretty bad reputation in the national press this academic year, as the likes of The Independent and the Metro flocked to write about it. We've also published an analysis, written by Ronnie Rowlands, that can be found on our website. In the Letters section this week, we've had a Lancaster alumnus write an open letter to the University, which you can read on page 55.

It's a common misconception that SCAN is run and controlled by LUSU, one which is understandable given that this year is the first time a student has been the Editor of SCAN in a very long while. Whilst most of the time, it's nice to be positive about our Union and about our University – nobody wants to think they're paying large sums of money to go to an institution that wants to do nothing but make their lives a misery – I'd like to remind you all that SCAN (Student Comment And News) really is open to anyone.

If you read an article in the paper and you have a different opinion, or you'd like to weigh in on a topic you've seen in the news recently; I strongly encourage you to contact one

of our section editors, let us know what you'd like to talk about and get started on seeing your name in print. Speaking of which, our new Comment feature 'Answers from Alex Square' is back this week, so if you were interviewed by a tall blonde with a microphone, flick to the Comment section to see if your picture was included.

Finally, in my list of announcements and general things you should know about, we here at the SCAN hub – and by SCAN hub I mean myself and many teddy bears that I am too old for in a bedroom somewhere in Lancaster, we're still working on our batcave – have already been thinking ahead to the Full Time Officer (FTO) elections. For those of you who are in your first year here at Lancaster, you may not know what I'm talking about when I say FTOs. In my first year, the elections period passed by in an unacknowledged haze of cow posters all down the Spine and a really funny VP Activities campaign slogan that still makes me crack up: 'Got beef? Haslam'.

Anyway, terribly hilarious puns aside, the FTO elections are open to any student, and during them we will elect

next year's FTO team. The positions are paid, full-time jobs and are a pretty big deal. As a result, our Week 8 edition will be jam-packed with candidate interviews, photos and coverage of the elections – as well as our live blogs on the website during hustings and results night. If you'd like to have a chance to grill the candidates, or generally be involved, we'll be holding an interest meeting on Wednesday, Week 5 at 2pm, for which there is a Facebook group floating around. Following that, we'll be holding a workshop in Week 6. So drop by, find out more and be a journalist.

That's all. Cute animal of the week is a tribute to brilliant puns, with a fluffy little lamb.



Rachel. x

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# News

News Editors: Jack Perry & Steve Start ✉ scan.news@lusu.co.uk

# Disadvantaged students hit hardest as Student Opportunity Fund cut by 60%

Nathalie Farrugia  
Deputy News Editor

In Week 1, Lent Term, universities across the country received news that the Government are planning to make cuts of up to 60% to the Student Opportunity fund, as the Treasury and Cabinet Office aim to reduce spending costs in the Department of Business, Innovation and Skills (BIS).

The fund, which is paid to universities and colleges through the Higher Education Funding Council for England (HEFCE), enables universities to support the added costs of recruiting students from disadvantaged backgrounds and ensures that they can continue this support throughout the students' time in higher education. The HEFCE takes into account students' social background and disability, therefore allowing universities to reach out to a wider range of students.

Currently, Lancaster University receives over £200 million pounds from the government to support these students. However, the proposed cuts will see this fund reduced by 60%. This future reduction comes shortly after cuts to The National Scholarship Programme towards the end of 2013. The scheme, which similarly supports students from low income backgrounds, saw its funds cut by £100 million pounds.

The National Union of Students (NUS) have responded to the news of the cuts by launching a Twitter campaign using the hash tag #SaveStudentOpportunities. The social media-centred demonstration encourages students to tweet pictures of

themselves holding the 'Don't Cut Student Opportunities' sign and using the hashtag in tweets to Nick Clegg, their local MPs and the twitter account for the BIS department, to encourage support against the reduction of funds.

The NUS president Toni Pearce has said "cutting the Student Opportunity Fund is an absolute disgrace and, in the wake of cuts to The National Scholarship Programme, looks like the government is backtracking on its commitment to support social mobility in favour of balancing the books on the backs of the poor." She also commented that "when the government is lavishing funds on profit providers, it is particularly outrageous that it

is once again stripping away opportunities from the poorest students."

Rachel Harvey, VP (Campaigns and Communications) personally responded to the talk of the cuts with an article on the LUSU website, titled 'Time to Cut the Crap'. Talking about her personal experiences, Harvey says in the article "without higher education outreach programmes from universities people such as my sisters and myself may not have had the chance to go to university." She also says "we can stop this and change things for future students," and urges readers to "write to your local MP and urge them not to support this, tell your friends and spread the news."

When speaking to SCAN, Harvey said that she is trying a more personal approach to gain support for the campaign, as demonstrated in her article.

She says the most important thing at the moment is to work with the University. However, Harvey says the hardest part of the campaign will be targeting people who are not involved

and do not rely on the Student Opportunity Fund.

In response to the cut to the Student Opportunity Fund, the University said that "Lancaster is committed to attracting students from all backgrounds and making sure that they get the most out of their university experience. This important work will carry on despite the current uncertainty around funding."

As of yet, the government have not made a final decision on the cuts and the budget for the BIS department from 2014–2015 is still in discussion. This means there is still time for the NUS campaign to make a change.

To find out more about the NUS campaign you can visit their website or Twitter page.



Photo courtesy of Rachel Harvey



# UCU continue striking over fair pay by walking out of lectures and seminars

Continued from front page

...which was also a reaction to the disputes regarding pay for university staff. Prior to the Michaelmas term strike action LUSU VP (Education) Joe O'Neill stated on the LUSU website university staff pay had been unjust: "over the past five years, pay has decreased in real terms by 13% for UCU members (academics). It's also not taking into account that Unite and Unison represent some of our community's lesser-paid members of staff who keep the whole show running behind the scene, our porters, our cleaners, our admin staff." O'Neill also raised the issue that UCU members are not just senior academics: "they're the postgraduates who mark your papers, who answer your emails and who teach your seminars. They're students too, just like you, and they're being taken for a ride."

Hearn was also firm in highlighting the fact that pay disputes were the sole cause of the disruption across UK universities. "Members of the campus unions, UCU, Unite and Unison, have been striking together to get UCEA back to the negotiating table to engage with the fact that lecturers, cleaners, technicians have faced a 13% cut in real pay since 2009. There is a cost of living crisis going on in our universities and the Vice-Chancellors have blocked their ears and have accepted way above inflation pay rises that are deeply insulting to their staff."

According to UCU figures,

collated from the latest university statements, over a quarter of university leaders enjoyed a pay rise of 10% or more. The UCU have been outraged by "hypocrisy" across UK universities, giving large pay increases to those at the top and real terms decreases to other staff.

In a statement on the UCU website, UCU General Secretary Sally Hunt stated: "this analysis shows that far too many vice-chancellors are happy to line their own pockets while pleading poverty to their staff. Almost one in three accepted a pay rise greater than 10% yet continue to drive down staff pay." She added that "guarantees made to ministers about pay restraint for university leaders have proved to be nothing but empty promises. Pay for those at the top has soared ever-upwards while pay for everyone else has plummeted. Our members, who are the backbone of universities, have seen their pay slump by 13% in real terms over the past five years."

Both LUSU and NUS have stated their support of the UCU's walkouts. On Wednesday, Week 2, NUS confirmed their support of the industrial action in an email sent officers of student union's across UK universities. In said article, NUS President Toni Pearce and VP (Higher Education) Rachel Wenstone affirmed the NUS' support for the rights of staff to challenge unfair pay and conditions: "We would remind you that NUS believes that lecturers and other staff in our universities and colleges

should be properly supported and remunerated."

Rachel Harvey, LUSU VP (Campaigns and Communications) confirmed that LUSU would continue to support the UCU's industrial action. Union Council voted by an overwhelming majority to support strike action by the UCU, Unison and Unite unions, during the session of Thursday, Week 2, Michaelmas term. Julie Hearn commended LUSU's support of the strikes: "Staff at Lancaster University are very grateful to LUSU for their continuing support and understanding as well as the student body as a whole. Staff and students are committed to the same goal, a high quality higher education system that is properly resourced and is accessible to all."

Issues have been raised surrounding the disruption caused to students, who are paying nine thousand pound fees to be at university. Hearn replied to this, saying, "yesterday, as on the other two strike days we have had, lectures, seminars, supervisions, meetings were cancelled. This can all stop if the vice-chancellors listen to the very real needs of both their staff and students and reopen negotiations in good faith. Their current strategy is both disrespectful and unsustainable. Staff and students unite for fair, democratic universities!" Writing on the UCU website, Sally Hunt said: "Any kind of disruption is always a last resort but, after five years of pay suppression with members 13% worse off in real terms,

we want a fair deal."

It has been suggested by the UCU and NUS that some universities have threatened university staff with whole day's pay being docked were they to take part in the two hour strike action. The UCU have described this behaviour as "vindictive and bullying." It is still unknown whether Lancaster is one such university.

Pearce and Wenstone of the NUS affirmed the union's stance on fairness regarding university pay, stating in an email, "we believe that fair pay is an issue of fairness in itself, but also note that there are very clear benefits

to students that pay is at a level which attracts excellent staff, and helps to support the maintenance of a happy and motivated workforce."

In examination of the University's recently-released financial records for 2013, it appears that Lancaster's Vice Chancellor, Professor Mark E. Smith, has not been given a disproportionately large pay rise, unlike many of his colleagues at other UK universities, despite claims by a UCU press release to the contrary.

UCU will oversee a further two hour strike, taking place on Monday Week 5, 9am-11am.

## Immigration Bill could prove injurious to international students

Emma Vickery

If the new Immigration Bill gets passed, international students will face fees from £200 to £4,000 in order to use NHS services. The Immigration Bill, proposed in October 2013, is due to have its report stage and third reading on January 30th 2014.

In a recent piece written about the Immigration Bill, LUSU President Joel Pullan expressed concern that it should affect the amount of students studying in the UK negatively. He believes people will be dissuaded from coming if they have to pay more money to cover their "free health care".

Michal Szulik, International Officer for Pendle College, took a strong position on the subject. In an interview for SCAN, he reasoned his arguments against the NHS fees in relation to the current higher fees paid for education by international students: 'International students already have to pay £4000 more than [home students] for university. The government is already making a profit from the international students, so they can't really justify these fees'.

Some of the international students' fees are already as high as £15,850 per year. If the

bill goes through they would be charged the NHS fees on top of that amount. Szulik is especially concerned about the repercussions it may have for post-graduate students who have families.

Supporters of the Immigration Bill have put forward the argument that international students do not contribute to the NHS, and therefore should not have free access to it. In the introduction to the official overview of the Bill, the Immigration Minister Mark Harper MP said: "The Immigration Bill will stop migrants abusing public services to which they are not entitled, reduce the pull factors which draw illegal immigrants to the UK and make it easier to remove people who should not be here."

Szulik denies that this is the case for international students; "They [international students] already contribute about seven billion paying for universities, bringing their families here and working for England". When asked about the University's stance on the Immigration Bill, Szulik said, 'The University is trying to persuade the local MPs to go against this. There is a petition for people to sign. It is important to let people know. Whether they agree or not, their opinion should be well known'.

Read more online at  
scan.lusu.co.uk/news

# Lancaster University Challenge team interviewed for upcoming ITV documentary

Lee Benn

Members of Lancaster's 'University Challenge' quiz team were interviewed in Week 1 for an upcoming documentary about the much-loved quiz show. The team, also vying for a place in the next series of the BBC 2 show, participated in this special documentary celebrating the show's 50th anniversary.

Famous for its highly challenging questions and the interrogative nature of its presenter, Jeremy Paxman, the show was originally commissioned by ITV in 1962. Axed in 1987, it was revived by the BBC in 1994 and continues to this day. The upcoming ITV documentary, 'University Challenge: Making the Grade' celebrates the history of the programme by following the progress of competing teams.

The Lancaster University Challenge team, formed as recently as November 2013

through a LUSU-conducted qualifying round, is a mixture of current undergraduates, postgraduates and faculty members. Speaking to SCAN, team captain Tom Flowerdew said that due to the original team-members dropping out, the team only assumed its current form last week. Flowerdew is now joined by Andrew Jarvis, David Jacquest, Duncan Lindsay and Sophie Prior; two of whom were originally recruited as reserves.

It is this difficult start to the competition that Flowerdew believes may have sparked the interest of the documentary's producers. The interview with ITV, conducted at the University on Thursday Week 1, focused upon the preparations made by the team and their motives for joining the show. While Flowerdew recalls the grandiose answers he practiced with his team for the cameras, his reply when SCAN posed the same question was much simpler: "I enjoyed watching it as a child...it's just a bit of fun".

Away from the 'behind the

scenes' take on the show, the team completed the preliminary rounds the following day at ITV's television centre in Salford Quays, Manchester. While relatively reserved about the chances of the team making the televised rounds, Flowerdew was more confident when asked of the team's chances were they to make it to the competition. Replying in a manner befitting his PhD in statistics, he says that "20% of the teams are definitely beatable".

Lancaster teams have struggled in the competition in the past; their best result was in 2004, when they made the quarter-final. The team have had less success in recent years, leaving in the first round in both 2008 and 2012. Flowerdew, while reserved in his optimism, is confident that the team can progress past the first round.

Much of this is due to the nature of the competition. While past champions Manchester and other prominent teams are notified of their inclusion early on, Flowerdew



Tom Flowerdew (Photo by Mae Reddaway)

and his team will only find out whether they are to be included in February; less than a month before filming for the new series begins. While other teams have much greater preparation time, and greater resources, a "team of librarians" as Flowerdew puts it, he must satisfy himself with the prospect of a "panicky two-week cram" if they are to get the call from ITV.

The team's fate now rests on their performance in the preliminaries and the personal preference of the producers. Flowerdew will find out whether his team is to be included in the next series, airing in 2015, in the coming weeks.

The documentary, 'University Challenge: Making the Grade' is due to appear on ITV later in the year.

## Counselling queues stretch to six weeks

Jasmine Chiu

Lancaster University has been ranked second by the Guardian in terms of the number of students required counseling, beaten only by the University of Glasgow. The number of students submitting the self-referral form for counselling has risen by 127%, and the waiting lists have stretched to six weeks.

SCAN spoke to Tom Finnigan, Head of the Student Based Services, who when asked about why there were such long waiting lists, responded: "Over the past three years we have found that we receive more referrals into the Counselling and Mental Health Service during the Lent term than the other terms," and that "historically this [term] has always been the busiest time of year for students referring themselves." He also confirmed that "demand for services among students is increasing year on year", a trend that can be seen

in universities across the UK.

According to Finnigan there has been an increase in the "volume and complexity" of the students' mental difficulties that are being referred to the Counselling and Mental Health Service at the university. The closure of the local NHS Counselling services for mental health issues has also added to the strain put on the University Counselling and Mental Health service as the NHS can no longer act as a replacement students waiting to see a counsellor on campus.

In response to questioning about what the university has done to bring down the waiting list, Mr. Finnigan replied that they have "streamlined administration procedure" to increase efficiency and maximise the use of "all available appointments". He also told SCAN that a text message reminder system was also set up to prevent students from forgetting to turn up to an appointment or having to cancel the appointment at short notice. Other than that, the department has also "reshuffled the staff"

to increase the number of consultation rooms available and rearranged the staff's calendar to maximize the number of students who can receive consultation.

Additionally, the department has introduced two "urgent slots" each day for students who needed to see an adviser immediately.

As well as making an appointment with one of the five counsellors at the university, appointments can be arranged with the Well-being Adviser if the department deems that "practical support" would be beneficial during the time that a student is on the waiting list. Finnigan told SCAN that the waiting list to see a Well-being Adviser is usually less than a week. When

asked about the alternatives that students can adopt while they are waiting, Finnigan suggested that students who plan to see the counsellors should go to their GPs as "their first point of contact", so that the students can get necessary medical help. He also recommended students to try other organisations, such as the Samaritans, or to call the NHS 24-hour hotlines on 111.

SCAN spoke to Tom Fox, VP (Welfare and Community), and asked for his opinion on the length of the waiting lists. Though Fox recognised that having so many students who were willing to talk about their mental health with a counsellor is a "positive thing", he believed that "six weeks is an incredibly long time for those suffering from mental health issues, far too long, and this is another example of where what the University wants is different to what students desperately need." Whilst Finnigan goes into depth about how the University is using its existing resources to combat rising pressures on

its counselling service, Fox left not doubts as to why he pushed aside questions accessibility to the current counseling system by saying, "My primary suggestion is simple: more funding and more counsellors."

However, worryingly this is the same response students received from their VP (Welfare and Community) last October, when Fox stated that there needed to be "a serious discussion with the relevant individuals in the University about how we improve the budget of the well-being service as opposed to push its resources to the absolute maximum."

With the consistent over-subscription of the counselling service and the apparent lack of movement towards a solution, questions are beginning to be asked about exactly what impact LUSU representatives are capable of having on university policy. Fox may mean well but he is in danger of leaving behind a legacy of inertia over issues that students expect to be within his remit.



Photo by Sammie Caine



# NHS reveal plans to upload medical records to centralised database



Steve Start  
News Editor

There are fears that students will not receive valuable information about a new NHS-led initiative, which will use people’s medical records for research and development. The new ‘care.data’ program, to be brought in later this year, will alter the default position that everyone’s medical records will be held in their GP’s surgery. From March, NHS England intends on uploading these medical records onto a centrally controlled database, which will be administered by the Health and Social Care Information Centre (HSCIC).

All records will be uploaded from the start on March unless

people do not opt-out of the new initiative (please see the foot of this article for further information about how to do so). Your medical records contain such information as past diagnoses, treatments and data sets which include person details such as permanent address, ethnicity and lifestyle choices. Although NHS England and HSCIC have stressed that the data will be ‘anonymised’ before being passed on, there are worries that this is in fact untrue.

The information that HSCIC receives will be partitioned into data that is either ‘identifiable’ or ‘potentially identifiable’. Whilst ‘identifiable’ data will need patient consent or a lawful basis on which to share it, ‘potentially identifiable’ data will be able to be shared without a patient’s knowledge or consent. An individual’s medical records will be ‘pseudonymised’ but

there are concerns that the degrees of fragmentation may be insufficient. In an email from Terri Dowty, Coordinator at patient pressure group medConfidential, Dowty expressed these concerns as “the variety of the data being collected is so wide that it will enable anyone to join the dots and work out who the data is about.”

**After problems about the security of the data were raised, NHS England agreed to carry out a mail drop to every household in England.**

The leaflet entitled “Better Information Means Better

Care” will be distributed to 26 million households over the next month. However there have been worries that as students are mostly in shared accommodation away from home, they may not notice the minimal leaflet campaign. Whilst there are inevitable fears over data protection and identity theft, there are also fears that such information could be sold to insurance companies or sought by future employers who wish to check your medical background.

Mark Davis, the HSCIC public assurance director, told the Guardian, “You may be able to identify people if you had a lot of data. It depends on how people will use the data once they have it. But I think it is a small, theoretical risk.” Davies went on to defend the database, saying there was “an absolute commitment to transparency” and rejecting calls for an “independent

review and scrutiny of requests for access to data.”

Phil Booth, another coordinator at medConfidential, expressed that “One of people’s commonest concerns about their medical records is that they’ll be used for commercial purposes, or means they are discriminated against by insurers or in the workplace.”

This threat may become a reality, as the five listed reasons data can be released are exceptionally broad: health intelligence, health improvement, audit, health service research and service planning. Booth commented on these rather loose terms, saying: “the people in charge now admit the range of potential customers for this giant centralised database of all our medical records in effectively limitless.”

An NHS spokesperson, in an official response to growing concerns, answered that “We think it would be wrong to exclude private companies simply on ideological grounds; instead, the test should be how the company wants to use the data to improve NHS care.” Chair of HSCIC, Kingsley Manning, also added to the discussion claiming that “the HSCIC board last week agreed that a report detailing who we give data to and the grounds on which it has been released, will be made public on the website every quarter.”

**If you don’t like the idea of your medical records being traded like a commodity, please visit [www.medconfidential.org](http://www.medconfidential.org) and download and print both the ‘opt-out form’ and the ‘opt-out letter’ and send them to your GP.**

It is worth bearing in mind that once your information has been uploaded to the HSCIC database, there will be no way to delete it.

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# Careers introduce ‘Careers 2020’

Marketa Lapackova  
Deputy News Editor

The Careers department has introduced an ambitious long-term action plan called ‘Careers 2020’. Its goal is to improve students’ employability profiles. It will ensure that the University achieves the highest positions within national and global rankings.

Lent term is significant for students in terms of their future prospects, it is the right time to start thinking about options this summer as many internship and summer job application deadlines are drawing near. Career Consultant David Evans summarised the importance of internships: “Internships are crucial. Students who have been able to secure an internship can find themselves in a much stronger position when applying for graduates schemes,” he continued. “An internship lets the student find out a lot more about the company and lets the employer see first-hand what the student could bring to them as a future employee.”

He explained the concept

further: “When employing graduates, the company spends vast amounts of money on their training. They want to be sure that the person doesn’t quit shortly afterwards. People who have already worked for that company during the summer can make more informed career choices, and they are more likely to stay.”

The AGR Winter Surveys revealed that in 2012, 30% of graduate recruiters could not fill their vacancies, because they simply couldn’t find good enough candidates. The Careers 2020 goal is to make sure that the Lancaster students will be able to meet the employers’ criteria.

Mark Diggle, Head of Careers, introduced their new focus: “The people who do not recognise the importance of developing their employability skills whilst at university are those we need to address the most.”

He said that in future he would like to see the students being asked about their career goals, action planning and ability to compete for graduate jobs at the point of Registration. Thus Careers could identify how best to support their needs and better target their support.

Apart from the more typical

students, Careers also want to pay closer attention to those who are outside of the standard “undergraduate” category, such as part-timers and overseas students. Evans said that all the Lancaster students must have equal opportunities.

“We need to think carefully about the digital environment,” added Diggle. “It is an important channel to provide advice for people who are not physically on campus.”

The Careers website had a dramatic remake recently, and now matches the format of the other university sites. Diggle called the old website “a professional embarrassment”.

He pointed out that universities – and employers – look at other universities’ websites and compare them. The new site has adopted a “more straight-forward and efficient approach”. Apart from the sloppy design, the old website’s main problem was that there were too many bits which had been added to it over the years. The new version, designed in two months’ time by external design agency, the Roundhouse, greatly improves the Career Centre’s identity and service.

One of the planned additional features of the new

website is the ‘Knowledge Bank’, a portal through which students can acquire subject and sector specific careers information, providing an insight into the graduate recruitment of different companies. The database will be include of intelligence based on interviews with major employers, and from students’ experience with those employers. The Knowledge Bank will be a private domain, only accessible for Lancaster students.

In the future, the website will also include online careers education tools, and potentially an online Careers and Employability module. It could be either an optional module, on an integral assessed part of a course.

The Careers future goals and improvements go well beyond the virtual site. One of the major Careers plans for next year is an on-campus Recruitment Centre, which will offer improved and fair access to the opportunities both on and off campus. Working with LUSU and Human Resources, this service, co-located with the careers, will support Hiring managers within the University and within the business community. They will seek and develop new

employment opportunities for the students.

Another Careers vision is the creation of short graduate internships. These will be designed for graduates who face particular challenges within the labour market. They will be offered an internship either within or brokered by the University. A pilot based on ten such internships was launched in December and attracted considerable interest, all places being filled within the month.

When asked about the biggest mistake that students can make in terms of their career, Evans responded: “They generally start thinking about their employability skills only when they are applying for a job. That is too late.”

To help prepare students for future graduate applications he pointed out that Careers are running in February a simulation of the assessment methods that employers use during the selection process. The next event will be on February 4th, offering a place for approximately 50 students.”

Details of this and other events taking place can be found on TARGETconnect, available from the Careers website.



Photo by Fresh Thinking



# LUSU Gives aim to eliminate stigma of mental illness by organising ‘Time To Talk’ event



Rachel May Quin  
Editor

LUSU Gives are hosting a Time to Talk event on Thursday, Week 4, from 6pm until 8pm in County Bar. Time to Talk is a national campaign which aims to start one million conversations about mental health on February 6th, with the intention that small things can make a big difference when dealing with mental health problems.

The rationale behind the campaign is that “if your friend has a broken leg, or he or she had just come out of hospital after an operation, you probably wouldn’t think twice about asking how they were” – mental illness is often overlooked due to the fact that it is not as visible or as easy to explain as a physical

illness, therefore the majority of people are afraid to discuss it.

**The Time to Talk campaign hopes to get people talking about mental health and raise awareness; as well as nurture understanding and support amongst friends and families in order to tackle mental illness.**

SCAN spoke to Cross Campus Office (CCO) Charity Mia Scott about the event, who claimed that “mental health problems, particularly anxiety and depression, are most common among

students and people in their 20s”. She mentioned existing organisations such as Nightline – who rely entirely on student volunteers to answer phones, emails and now provide an Instant Messaging service between 10pm and 8am – and the Counselling service which are available to assist students in need. The vast majority of the time, mental health problems can be relieved to some extent by discussing the issue, a sentiment clearly endorsed by Time to Talk.

Scott also spoke of activities taking place at the event: “Nightline and the Counselling service [are] coming to talk at the event and guest speakers are doing poems, monologues [and] speeches... There will also be live music and other things going on.” She revealed that the event had already garnered a lot of interest amongst students, and admitted that this wasn’t surprising, as one in four students will experience mental health issues at some point during their time at university.

Scott told SCAN: “The LUSU Gives exec and I were keen to bring Time to Talk to Lancaster for several reasons.

Firstly, we noticed an increased awareness of the stigma surrounding mental health, after various conversations with other students and members of LUSU Gives. I also noticed that it was mentioned as a priority for Welfare officers during several Equality, Welfare, Diversity (EWD) Councils and Winter Officer Training – which took place over Christmas. Also, of course, the cuts to the Counselling service played a huge part, as it made us look into other avenues that can help people who are struggling with mental health issues at university. There are so many services out there for students and we wanted to raise awareness of them.”

With regards to what she hoped the event would achieve, Scott stated “we hope that those who attend the event will come away feeling happier – knowing that if they

are somebody who happens to suffer from a mental health problem, they have places to go, people to talk to and most importantly, that they are not alone.” She added that there will be a chance to sign the Time for Change pledge, which would mean that “they have agreed to help tackle the stigma surrounding mental health”.

**As previously stated, the event will be taking place Thursday, Week 4, 6pm until 8pm in County Bar.**

To reflect the importance of the event, the newly-elected Chair of Union Council, Damon Fairley, has rescheduled the Union Council planned for that evening to Thursday, Week 5 – to enable all students and LUSU officers to attend the event.



# LUSU and the University negotiate with Stagecoach in hopes of better student bus deal

- Stagecoach currently charge over £300 for an annual pass which they describe as “affordable student-only bus travel” despite University offering cheaper termly pass and buses also being used by locals, not just students
- The bus service currently lacks competition and has been criticised recently for its inconsistency - as well as the recent crash, involving a double-decker bus which attempted to drive under a low bridge by St. George’s Quay

Dan Rudnick

Members of both LUSU and the University have announced they will be taking a series of measures to attempt to bring more practical and affordable transport solutions to the student body. Discussions have been held with Stagecoach – the bus company operating all services between campus, Lancaster and the train station – to make travel more convenient and affordable.

The price at the start of this academic year for an annual ‘UniRider’ bus pass was £340, with a similar pass valid for the three University terms costing £237. The annual pass is described on the Stagecoach website as “affordable, student-only bus travel from just 93p per day.”

Concerning possible negotiations with Stagecoach to lower these rates, VP (Welfare and Community) Tom Fox told SCAN: “Any conversation with Stagecoach is a difficult one. They have a monopoly on Lancaster and therefore without a second option, the University and LUSU struggle on a yearly basis to gain a result from negotiations with the company.

“However, this year seems one that might bring a change to that, with the University requesting an independent travel review that will let

us know whether what Stagecoach is supplying, in terms of pricing and routes, are fair and worthwhile.”

Fox is also keen to secure some subsidisation of bus pass prices for students from the University. Staff already get a subsidised bus pass, having to pay around £70 for a year bus pass. “In terms of pricing for bus passes, we have also seen that staff get a great deal of their cost subsidized by the University and we fail to understand why this isn’t the same for students – I am currently looking into proposals, and how we can achieve this.”

On the subject of pass prices, Lancaster University’s Environment and Sustainable Travel Co-ordinator Philip Longton told SCAN that “the affordability of student UniRider bus passes is an issue to be discussed with Stagecoach this spring, following discussion between the University and LUSU on options available. Pricing is discussed with Stagecoach on an annual basis.”

LUSU and the University have also made progress in persuading Stagecoach to provide more convenient and frequent bus routes from campus and throughout the city. It is unclear what these route changes will entail as of yet, with an announcement due from Stagecoach before the end of Lent term.

“You might also have seen the new route changes coming

in this February, which actually came as a result of the University (with feedback from us as a Union) arguing for more accessible routes for students and staff,” Fox said.

A number of other improvements to bus services are also to be implemented by Stagecoach, commencing on Monday Week 7. The

changes have been informed by discussions between Stagecoach, the University and LUSU. These changes include more direct services between campus and the railway station and more seats throughout the day between campus and the city via Greaves.

Longton told SCAN: “The University meets regularly

with Stagecoach to improve bus services for students and staff of the University. It has spent considerable time in representing student and staff bus travel issues since the various changes to bus routes and timetables were introduced by Stagecoach at the beginning of the academic year.”

## Lancaster University Medical School welcomes new Dean

Marketa Lapackova  
Deputy News Editor

Lancaster University has recently appointed a new Dean of Health & Medicine Faculty. Professor Neil Johnson, currently the Pro Dean Educational Professor of Medical Education at the Warwick Medical School, is looking forward to joining the University in August.

When SCAN asked Johnson about what attracted him to the opportunity, he responded “...the job itself, the University, and a feeling that I could bring something useful to the Faculty...[Lancaster University] feels to me to have a real sense of drive and ambition but is still of a size where personal relationships can make a difference.”

Professor Johnson has experience of working in a similar-sized faculty at a very similar stage of its development. He feels very ambitious his new position: “I have already seen lots of evidence of excellence in research and teaching and the Faculty is part of a University with a really good reputation – so there’s already a really good foundation.”

He was also attracted by the fact that the Faculty of Health and Medicine partakes in wide range of research, from basic cell biology to applied health research.

Vice-Chancellor Professor Mark E. Smith seemed very

positive about Johnson’s appointment in his official press release:

“Neil has extensive experience in the development and leadership of medical education, the NHS and links to biomedical sciences. I am confident that he will help us achieve our future ambitions in the pursuit of outstanding biomedical, medical and social scientific research and education.”

Professor Johnson spoke of his career so far, as well as what has influenced his decisions: “My career has had four phases. The first was my training as a doctor. The second phase was more of an experiment. I was interested in research – so I decided to test whether I had any aptitude for it. I really enjoyed it – and also discovered how much I enjoyed teaching too.”

Between 1998 and 2001, Professor Johnson was the Director of Postgraduate GP Education in Oxford, before he became the Postgraduate Medical Dean at Leicester University in 2001 until 2003.

“The third phase was a result of a combination of understanding more about my strengths – and weaknesses – and interests along with some career guidance – some might call it ‘shoving’ – from a highly respected mentor. In this phase I took on a series of leadership and management roles in education in the NHS.”

From 2003 and 2005, Professor Johnson was the Group NHSU Director. Afterwards, all his professional

development was located at the University of Warwick Medical School where he first took the position of the Director of Partnership and Short Course Programmes (2006–2007), before moving on to become the Director of Community-Based Education (2007–2008) and finally taking of the position of Professor of Medical Education (2008–2013).

**He has also been a GP since 1989, and continues his work as a GP one day a week, to actively engage with patients.**

“The fourth phase resulted from a change being forced on me. The government decided to close the organisation I had joined – so I had to take stock and decide what the options might be. I spent some time looking again at what I was good at (and not so good at) and where my interests lay. Based on that I decided to move into higher education – but could only do so with strong support from some key colleagues.”

Johnson will begin his role at the beginning of the 2014/2015 academic year, and hopes his impact may raise Lancaster’s profile in the UK Medical School leader boards.



Photo by Nadine Ong



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# “As a responsible union we will not be selling these publications”

- The motion to boycott publications that print ‘Page 3’ photos of topless women, such as The Sun, was unanimously passed by Union Council in Week 3
- VP (Welfare and Community) Tom Fox admits that this boycott is not something “that can easily be done”, but with the support of prominent celebrities the No More Page 3 campaign has the potential to make a difference

Continued from front page

... More Page 3 campaign, there is some misunderstanding that this is the kind of campaign that stops people from reading The Sun – this is a boycott, as opposed to us trying to stop people from doing what they want to do.” Fox pointed out that students can still buy The Sun from outside of the university campus and bring it onto the campus if they so wish.

“This is not a ban,” Houghton affirmed. “A ban would imply censorship. It is not that you can’t publish these pictures, it is that you shouldn’t.

“As a responsible union we will not be selling these publications.”

LUSU has also resolved to run a campaign which dissuades other retailers on campus – including WHSmith – from selling The Sun and similar publications. Fox is less than optimistic about this aspect of the campaign, however. “I’m not going to lie, I don’t think it is something that can be easily done,” Fox said. “But we look at the No More Page 3 campaign and it’s got a lot of people backing it; a lot of big names, a lot of MPs.” A possible disagreement between students and retailers over the No More Page 3 campaign is not without precedent – during Michaelmas Term Warwick University’s student union faced a long campaign in trying to get their campus Costcutter to remove The Sun from its shelves. Fox, however, emphasised the influence Lancaster University has over the staff who work in the retail outlets on campus, and suggested that much of the campaign would be taken up by speaking to the University



Photo by Barry Collins

management.

One final aspect of the motion commits LUSU officers to “educate the student body on why Page 3 of The Sun is the wrong representation of women in public media, and what they can do to combat it.” The Sun sells relatively few copies from LUSU shops, but LUSU officers have argued that the motion is as much about changing mentalities as it is about hitting sales of the publication. While Fox said he believed there is increasing pressure on the editors of The Sun to remove topless women from Page 3 as a result of this campaign, he told SCAN that “the question has to be asked whether this message is reaching the readership of The Sun. People need to be educated and this can sometimes be incredibly difficult.”

Regarding the education of students, Fox believes this is a

necessary aspect of the motion: “I think it is something people kind of take for granted – sexism is something which has been ingrained in our society for a long time, and people say things like “I know sexism when I see it” but they don’t.

“We know it does sound patronising but it’s all for a good cause and we’re all doing it for the right reasons.”

“A little education never hurt anyone,” Houghton concurred. “I would prefer there was too much education than not enough.”

No More Page 3 is a national campaign started by Lucy-Anne Holmes in 2012. The campaign recently commended the actions of the Irish version of The Sun when it began featuring clothed models on its Page 3.

“I think it is outrageous that in modern 21st century Britain the main image of a woman in one of Britain’s leading newspaper is one where she has her boobs out,” Houghton said in praise of the No More Page 3 campaign.

“[Page 3] is not a national institution; it is a national embarrassment.”

“If we’re a Union which goes against things like rape culture and everyday sexism then we need to be against things like Page 3 and we need to be making that kind of point,” Fox said. “A lot of people may say it is not something which affects students that much but I think as a Union which tries

to make the university a safe environment we need to bring up points about this.”

The possibility that The Sun and other similar publications will not bow to the pressure of the campaign could mean the newspaper is permanently boycotted by the Union. However, Fox is optimistic that this will not be the case. “I think we’re seeing a turn,” Fox said. “I think society as a whole is seeing a change in this kind of thing. Feminist groups are really increasing membership and we can see that the No More Page 3 campaign has over 100,000 signatures. I think you have always got to be optimistic in these situations.

“I personally hope that it does succeed, and there is definitely room for that. I imagine it will not happen this year or next year,” Houghton told SCAN. “But the tide is changing.”



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## Careers service aims to inspire FASS students with high-flying alumni panel



Jack Perry  
News Editor

An event organised by the University's Careers service is seeking to inspire students of the Faculty of Arts and Social Sciences (FASS) by gathering together some of the faculty's most successful alumni. The event, which takes place Wednesday, Week 5, includes speeches from ex-Lancaster students who have gone on to work for Kellogg's, the BBC and the Prime Minister's office, to name but a few.

The event is being organised by Careers Consultants Agnes Finley and Heather Tomlinson, who work mainly with students studying history, politics, philosophy and religion.

Finley told SCAN that she was "delighted" at the response from the alumni taking part in the event. "They all have happy memories of Lancaster and saw the value in returning to share their career journeys with current students."

Finley said that many alumni have gone to huge lengths to get back to Lancaster for this event. "Victoria Kirby – who studied History and Politics – was in South Africa covering Nelson Mandela's funeral but she responded immediately with an enthusiastic 'yes!'" Finley said. "She is a producer with BBC Breakfast and BBC One."

The Careers service are particularly appreciative of history alumnus Elanor McCombe, who is making the journey from Kent to be at the event. McCombe – an investigator with the Parliamentary and Health Service Ombudsman – is registered blind. "[She] wishes

she had met more successful graduates with disabilities when she was a student," Finley told SCAN.

The event – titled "Career Inspiration for FASS Students" – is designed to illustrate the range of employment possibilities available for students of the faculty, who perhaps have not yet considered what they intend to do after university. "When you are focused on your next assignment it's difficult to lift your head up and view what is over the mountain,"

**Finley said. "I hope students will come and be able to imagine their future, and be able to see that what they are doing now is creating their future."**

"Small steps in the right direction at the right time can lead to a giant leap in career prospects."

While organising the event, Finley and Tomlinson were supported by a group of history students, known as the History Careers Forum, who helped generate ideas as to what would be useful for students' careers. One of the members of the forum, second-year student Lee Dickson, told SCAN that "my ambition for this event, but for the forum in general, is to help shape history students' experience in finding out about what is on offer for history students in the world post their first degree."

"I hope this event will give history students confidence that there are diverse opportunities a history – and a social sciences degree in general – can open to them."

A faculty-focused event has been warmly received

by many students. Second-year history departmental rep Vicky Sanderson told SCAN: "when I was looking at what degree to choose, I looked at all the stats and pie charts that gave the percentages of where history students go [once they have finished their degree] and most of the time it just said education or further training."

"In terms of FASS, a career event – such as the one being held – would be really useful and beneficial because it just focuses on our faculty."

The event begins at 2pm on Wednesday, Week 5 in the George Fox Lecture Theatre 1, with each guests given five minutes each to speak about their occupation. Time is allotted for questions at approximately thirty-minute intervals. The main session concludes after an hour and a half, with the remaining half hour offered for more informal networking opportunities between alumni and students.



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# NSS success for Lancaster University

**Marketa Lapackova**  
**Deputy News Editor**

The National Student Survey (NSS) has made its annual appearance this January with Lancaster University claiming a spot in the top 10 universities for graduate job opportunities. The NSS compares opinions of a quarter of a million final year students from universities and colleges across the UK, and provides comparison of the participating Higher Education Institutions. The survey has been an important tool for University House since its launch in 2005. Directly interacting with the student population has given them the opportunity to gain valuable insight into the current student experience and identify any areas for improvement. SCAN spoke to Pro Vice-Chancellor Amanda Chetwynd who acknowledged that “The students themselves are the experts on what it’s like to study here and we hope they will pass on the good news about the excellent courses available. The results reflect the dedication of staff who work hard to ensure that every student who comes

here will receive the very best education.” She continued: “We listen carefully to what our students tell us and we are pleased to hear that our final year students are satisfied with the quality of education on offer at Lancaster.” The NSS compares opinions of a quarter of a million final year students from universities and colleges across the UK, and provides comparison of the participating Higher Education Institutions. Within Lancaster University the assessment and feedback satisfaction scores have risen from an average rating in 2007 to becoming featured in the top quartile for performance in 2013. Departments look carefully at the feedback and the comments given by the students, and create an action plan which is discusses with staff student committees. As a result of the survey, the University has seen many student-initiated improvements, such as the planned refurbishment of the library and its extended 24-hour opening times. The creation of the Learning Zone and its practice presentation spaces was also a direct result of the survey and according to Chetwynd, has proved “extremely popular with students.”



Photo courtesy of Amanda Chetwynd

Another example of Lancaster’s success is the University’s student-orientated Lancaster Award. The scheme, according to Chetwynd. “Encourages students to think about employability in their first year and reflect on the opportunities the University and Students Union offers to gain new skills (and importantly understand those skills that employers are looking for).” The survey also asks students questions about how well their course material is taught and structured, leading

to the drawing up an academic contact policy. This document sets out the minimum contact hours, maximum turn round time for work and how graduate teaching assistants are used. Results from the survey suggest that 89% of Lancaster students agree with the statement “I have had adequate opportunities to provide feedback on all elements of my course”, up from 83% last year and compared to 82% sector wide. Chetwynd concluded that the positive results had come from earnest cooperation

between University House and LUSU. “Working with LUSU we led the way in feeding back to students the results of the survey and the changes the university will be making” adding, “We jointly produce a ‘You said, we have’ leaflet every year. These are available in the Learning Zone.” Lancaster University is looking to improve of its latest survey results next year with further renovations to its library facilities as well as to the completion of its new Engineering building by the end of 2014.

# Refreshers week deemed a success

**Dan Allen**

LUSU’s annual Refreshers Week took place in Week 2. From Monday to Thursday there were events aimed to get students involved in areas they may have missed in both Freshers’

Week and Michaelmas Term as a whole. On Monday LUSU served hot vegetable pie, “packed with vitamins and seasonal vegetables” and gave students the opportunity to try alternative therapies offered by the Natural Health Care Centre on Campus. Other activities were

also offered, such as bird feed-making and a walk through the campus woods where the feeders could be put to use. Tuesday saw the return of Refreshers Fair where many of the clubs and societies on offer at Lancaster University were on show. The event took place on campus in the Great

Hall allowing plenty of space for stalls. Here, students who had missed out or not thought to join societies in Freshers’ Week were given another opportunity to do so. Wednesday featured a push from LUSU for students to go and take part in the university sport events as spectators. With a special 50th anniversary edition of Roses taking place later this year, LUSU were keen to encourage as many people as possible to attend the day’s sporting events. At Thursday’s Farmer’s Market LUSU set up stands offering help to enterprising students who otherwise might not know what to do. Ideas included starting up a volunteering project, creating a new club or society, taking a project abroad or anything else students could present. The stalls were available from mid-morning to mid-afternoon in Alexandra Square, allowing students to approach

LUSU for assistance at any time. VP (Activities) Emily Pollitt told SCAN that the events of the week had been a success. Although she admitted that in previous years “sometimes we hadn’t had the numbers we expect” she said that this year LUSU were “really happy with how it has turned out. Pollitt went on to emphasise how she thought this year’s Refreshers Fair was better than previous years which “didn’t have the same buzz,” whereas at this year’s Fair “everything seem[ed] really busy.” Pollitt conceded that some groups and societies hadn’t come to the event, citing the fact that it was late in the year and they already had a large enough number of members. However, she was keen to stress that Refreshers Fair and the week itself gave a good opportunity for “people who missed the boat first time round.”



Photo by Lauren Hollowday

# Preparation for Overseas programme gets underway



**Jack Perry**  
**News Editor**

Preparation for the 2014 LUSU Overseas trips have begun in earnest, with a talk taking place on Tuesday, Week 2, letting students know about the trips and how they can get involved. Drop-in sessions

are also taking place during Lent term giving information about the programme, which takes place during August and September 2014. LUSU Overseas is an opportunities programme run by the Union to allow students to travel abroad for three weeks to India, China, Ghana or Malaysia with other Lancaster University students. The scheme takes advantage of the international campuses found in these countries, including Guangdong University of Foreign Studies in China

and Sunway University in Malaysia. While abroad, the programme aims to provide activities for students in areas centred on community, politics, academia and business. These activities range from teaching English in Guangzhou, China, to taking part in an 80km cycle challenge in India. LUSU is also providing financial support for those taking part in the programme. The Union itself can provide up to £675 financial support for those students wanting to

go on the trip, with college grants also available. VP (Campaigns and Communications) Rachel Harvey told SCAN that she believes LUSU Overseas is a “great opportunity.” Harvey said: “I know students love travelling and want to go overseas and get as much international experience at home and abroad. LUSU Overseas is a great way to do that, and you can go and learn about the business, industry and politics of other countries. It can be really eye-opening.”

Questions have been raised about the quality of the teaching at the international campuses. In Week 8, Michaelmas term, SCAN revealed that the GD Goenka campus in India and COMSATS University in Pakistan – both Lancaster University institutions – had problems with examination and teaching. President Joel Pullan, however, said that these problems should not affect the LUSU Overseas programme. “Obviously concerns have been raised around the quality of education in some institutes, and it is something that our VP (Education) Joe O’Neill and myself will continue to push on to ensure that every ‘Lancaster’ student gets the best academic experience possible,” Pullan told SCAN. “That however should not stop the exchange programme from occurring, which is an entirely separate entity. To say that allowing the exchange programme to happen whilst teaching issues are being raised is combining two very different, separate things together.” Depending on the country students choose to visit, students will depart for their chosen country in the last week of August or the first week of September. Students will then spend three weeks in the country, before returning to Lancaster. Those who would like to participate in the programme are advised to download an application form from the LUSU website. For more information about how to get involved in the LUSU Overseas programme, students can visit the LUSU website.



Photo courtesy of LUSU Overseas

# University takes steps to avoid future accommodation debacles

**Jessica Wallace**

LUSU are in talks with the University to try to ensure that first-year students get equal access to campus accommodation. The talks are intended to ease the problems encountered at the start of the 2013/14 academic year, when many first year students were refused on-campus accommodation. One of the concessions made to LUSU by the University is that all first years who had to be housed off-campus this year shall get guaranteed on-campus accommodation next year should they want it. It is

believed that the University will be able to house all new students on campus in the forthcoming year. LUSU have also negotiated with the University on the rent prices in relation to Wi-Fi costs, and the cost of the removal of internal telephones not being covered by rent. Lancaster University Accommodation Marketing & Communications Manager Andrew Gibson told SCAN that previous uncertainty surrounding new funding arrangements and how they might affect student numbers meant that the projected number of 2013/14 first years was lower than usual. However, the University

remained popular with students both through firm choice applicants and clearing students, meaning that there was not enough on-campus accommodation available for first years. A total of 91 students were accommodated off-campus; the University’s accommodation Office sought halls of residence for these students, enabling them to live in respective groups belonging to the same college, and providing a support package which included free bus passes and 40-week contracts as to ensure they were not financially disadvantaged.

**accommodation prices have risen by 11.25% since 2011/12, when the average cost of a room on campus was £4,000: this rose to £4,250 in 2012/13, and currently averages at £4,450.**

Last year’s NUS survey placed Lancaster below the national average for University rent costs, with

campus accommodation prices are due to rise again in the forthcoming year. The University currently boasts the title of ‘Best University Halls’ in the National Student Housing Survey for the past four years since they began to participate in 2010, amongst various other awards such as ‘Best Individual Accommodation’ for Grizedale Townhouses (2011 and 2013) and Fylde College Residences (2012), and ‘International Accommodation Quality’, awarded consistently for the previous three years due to university accommodation achieving higher than 90% satisfaction from international students.

**On-campus**



# Lancaster University Ballroom Dance Society host annual Charity Showcase



The Lancaster University Ballroom Dancing Society (LUBDS) will be holding their annual Charity Showcase this Friday, Week 4, to raise money for Cancer Research in the form of a Strictly Come Dancing style event with well-known campus faces, or ‘celebrities’.

This year’s celebrity couples are: Emily Rack (Former Baking Society President) with Joe Reed, Charlie Edwards (Former Lonsdale College President) with Connie O’Donnell, Andy Ainscough (Lancaster University Theatre Group President) with Alice Southern, Mia Scott (CCO Charity) with Theodore Sheehy, Tom Fox (VP Welfare and Community) with Amber Small, Rachel Harrison (ULMs President) with Alex Hocknull, Matthew Berrington (Lancaster Bombers President) with Hannah Metcalfe, and finally, Sam Ashcroft (President of the Christian Society) with Chloe Wellington. On the judging panel are Lancaster alumni Andrew Pickup – former President of LUBDS – and Emily Pollitt, former Lancaster University Dance Society (LUDanS) President and current VP (Activities).

As the society’s biggest annual event, with all the proceeds going to charity, SCAN caught up with LUBDS President Joe Reed to chat about what students can expect from the Showcase.

“Essentially the purpose of the showcase is to raise as much money as possible for Cancer Research, they have been the charity that we have raised money for the last four years, and for as long as [the Showcase] has been going on. We like to showcase the talent that we have, and it gives us an opportunity to work with other societies. For example, LUDanS are doing a couple of dances, ULMs provide the band, LA1:TV provide a lot of coverage before the event and they also film the whole



event to produce a DVD which we sell; with the profits contributing to the final total.”

Reed spoke about the choices this year, claiming the celebrities this year “are from a wide range of cross-campus groups, we have a few from LUSU such as Tom Fox who is dancing with our team captain... but mostly this year it is made up from society presidents. Sports are represented in the form of Lancaster Bombers, we have a wide range of people from groups to appeal to as many people as possible.”

With the aim of the event being to raise as much money for charity as possible, SCAN enquired as to where the funding comes from to organise such a large-scale event. Reed replied “We get quite a bit of support... the most important thing is that LICA – who run the Great Hall – provide the room for free which is very generous of them indeed because usually they charge. We manage to keep our costs very low, essentially because most people volunteer to do things which is also very generous... all the tech people do the whole thing for free; nearly everything we do is

done by ourselves or people who volunteer to do it – which keeps our costs minimal.” So far, Reed stated that they had sold around 100 tickets and that the previous year LUBDS had managed to raise £2,200. “We’re hoping to beat that this year, fingers crossed, but it will be a tough. Over the last three years it went from £1,800 to just over £2,000 – then £2,200 so it has gone up quite a lot in the last few years alone.

**As for his personal involvement with the society, Reed told SCAN that he was co-opted on to the exec in his first year, and has been actively involved with the society and the Charity Showcase for the last two years.**

“Last year I danced with Rachel Harvey, who

was then VP (Media and Communications) which was fun, it was a learning curve [as] I’m not very good at choreography, I really enjoyed it. This year I’m with Emily Rack, she’s very talented and a natural dancer... I’ve got high hopes for this year because she’s very good.” Reed revealed the majority of the rehearsals he had seen were from LA1:TV coverage – that have been posted online over the last couple of weeks – and he admitted that the competition would be stiff, claiming “it’s getting competitive.” He declined to comment on who he thought would win, stating that “it is very close between a few couples” and that he thought it would be a case of who performed best on the night.

SCAN also asked Reed what he thought made a Lancaster University campus ‘celebrity’, and how the celebrities are selected for the Showcase, in case anybody particularly wanted to be involved next year. Laughing, he said “I’m not really sure, some people have made it very, very clear they want to be a part of it, they make unobtrusive hints about wanting to be involved...

get into some kind of position, make yourself known and tell us that you want to be a part of it.”

**Tickets for the event are £5 with a Purple card, £8 without – with all the proceeds going towards Cancer Research.**

Tickets can be purchased during LUBDS lessons, which take place on Tuesdays in the Minor Hall and Thursdays in County South lecture theatre from 8 until 10pm. They can also be purchased Tuesday, Week 4, in Alexandra Square where members of LUBDS will be selling tickets all day. Tickets can also be reserved by emailing [lancasterballroom@gmail.com](mailto:lancasterballroom@gmail.com). The Charity Showcase will take place in the Great Hall on Friday, Week 4 (February 7th) from 7:30pm, and previews of rehearsals, the celebrities and their dances can all be found on LA1:TV’s website.

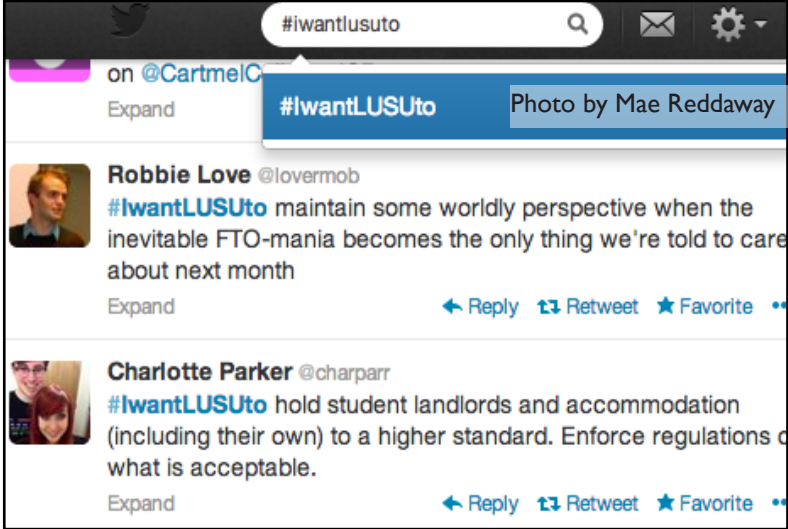
# Pullan launches discussion of new LUSU strategy with #iwantLUSUto campaign



Jack Perry  
News Editor

On Thursday, Week 2, LUSU President Joel Pullan officially opened discussion for LUSU’s new strategy. The strategy will enable LUSU to set itself targets so that it can monitor the extent to which it is serving the needs of its members. The new strategy replaces a previous strategy, which expires in 2014.

**The discussion is defined by the Twitter campaign “#iwantLUSUto.”**



The campaign aims to ask students which areas of policy or campaigning they would like their union to get involved in.

Pullan spoke to SCAN about the campaign. “The #iwan-tLUSUto campaign is going really well and is allowing us to get in contact with stu-

paign on Twitter have varied, though issues such as accom-mo-dation, women’s rights and the colleges were among those which were particularly prominent. “We’re getting a high volume of responses with some strong themes and we will absolutely consider them,” Pullan told SCAN.

The #iwantLUSUto cam-paign is part of an over-all consultation plan aimed at formulating a strategy for LUSU in the next few years (the number of years the plan will cover is currently unde-cided). Pullan told SCAN that he and his fellow officers in-tend to hold open forums, pop-up cafés and themed dis-cussions when trying to gauge opinion in the formation of a coherent strategy for LUSU. “[We want] to ensure we are reaching out to our members as much as possible in a va-riety of ways,” Pullan said.

“Obviously our strategy has to be broad, but we will consider each and every response and feed it into our vision, which should be built and shared by the student body.”

When asked about what he hoped the strategy would achieve, Pullan replied: “A successful students’ union is one that responds to its mem-bers’ wants and needs both now and in the future.” This, Pullan argued, should be fo-cused in three main areas: representation, support and opportunities. “The strategy will enable us to assess these needs and set a vision on how we are to achieve this vision,” Pullan said.

**“We need a union with a personality that reflects that of our members.”**

# University receives funds to improve links with local businesses

Emma Vickery

Lancaster University has received a £35,000 funding to encourage further interaction between the University and local businesses. Small and medium enterprises (SMEs) are being encouraged to utilise the funds in cooperation with a University researcher, in order to develop technologies, products and services. As such, the funding will bridge the gap between the University research and the industry.

The financial provision came from the Impact Acceleration Account (IAA). This project, originally financed with £600,000 from the Engineering and Physical Sciences Research Council (EPSRC), has already allocated approximately £250,000 since its introduction in October 2012.

(SMEs) that are interested in collaborating with the University can use the money for a variety of different purposes, such as

developing products and technologies, and funding for lab equipment, otherwise maybe inaccessible. Another purpose of the project is seed funding, which involves using money in order to develop a new idea. Applications are open for businesses from numerous industries, such as advanced manufacturing, energy, chemistry, security, environment, information and communication technology and quantum technologies.

Dr Mark Rushforth, Head of Business Partnerships and Enterprise for Physical Sciences at Lancaster University, said, “I’ve been impressed with the scope of the projects we have been able to fund through the Impact Acceleration Account so far and I’m really excited to see what develops in the future.”

In an independent review of university-business cooperation, Sir Andrew Witty highlights Lancaster’s national strength in key clusters of competitiveness in nuclear and energy, agri-tech and science, and oil and gas.

The report also identifies



Lancaster as a top ten university in terms of the number of interactions with SMEs. Lancaster has worked with over 5,000 SMEs since 1999. It has also helped the creation of over 250 new business and more than 4,000 new jobs.

“The fund is a great way for SMEs to be able to explore product development and I would encourage businesses to get in touch to see how the funding can benefit them,” added Rushforth.

IAA is fixed to operate until October 2015. So far, Lancaster University is one of the few universities to be allocated funds by the EPSRC.



# The scan archives

Taking a look back into Lancaster's history

Friday 15th October 1999 (Week 2, Michaelmas)  
No. 1 this week: **Christina Agilera – Genie in a Bottle**

## Uni Chaos Theory

It appears as though the future of Lancaster University's chemistry department could be under threat, following Sheffield University's bid to recruit around seven members of the polymer science group.

**At least six of one of the university's most successful research groups are said to be willing to leave.**

The move has already been put before the Sheffield Senate and Sabbaticals, and is in the process of being reviewed by Lancaster. If everything goes to plan, Sheffield can expect to receive around 85% of Lancaster's associated student intake and its corresponding funding. Although Lancaster expects to retain around 85% of those students

currently studying within the Department, some proportion of those students enrolled on three or four year degree programmes will be expected to complete their studies elsewhere.

A report from a meeting of the Faculty of IENS gave the following options:

1. Chemistry to be kept as an independent Department, with reinvestment to increase numbers of staff (to 20–25 from the present 10) and facilities.
2. Develop a closer relationship between Chemistry and the Department of Biological Sciences. This could either see the retention of Chemistry as a major degree, or see its student numbers distributed through IENS and Chemistry left with 'service teaching' status.
3. Acceptance of the transfer of staff to Sheffield, with Higher Education Funding Council money made available to integrate their replacements

more closely with the Department of Biological Sciences. Here again, Chemistry would have to remain as a 'service teaching subject.

**It was eventually decided that there was little incentive to make the investment to retain Chemistry as a major degree subject.**

Recruitment to the Department is to be slowly phased out and this year's student intake is to be the last, with the quota redistributed in October 2000. The acceptance of the transfer of existing staff, or whether or not current staff will be relocated amongst the Biological Sciences, is uncertain.

## All Shagged Out

A Fresher's Week ticket fiasco saw first years locked out of the Sugarhouse. Problems over ticket distribution at JCR level saw second and third years claiming tickets which were allocated to first years for their college freshers night. Fylde College President Huw Owen accused his JCR of incompetency after 43 first years were locked out of the student union owned night club. He said: "A book of tickets was left at home by one of our social secretaries. It was a genuine mistake.

**"What happened**

**was certainly not malicious, but it was incompetent.**

"Every member of the JCR exec and intro week committee, including myself, gave up our tickets to allow freshers into the club. "As far as I am concerned, my exec are not guilty of any wrong doing, they weren't giving their tickets to friends at freshers' expense at all." Student Union President Rob Massy was aware of the problem, and stated that something would be done about it. He said: "The allocation of



## BEACHED

The University Boat Club and the Canoe Club face severe difficulties in the face of court action if they go out onto the River Lune for training.

This dispute goes back to the time of the formation of the Boat Club, which coincides with the opening of the University in 1964. Ever since this time, the University has used the River Lune for recreational sporting use and a dispute has centred on the ownership of the stretch of river that the University uses, between Skerton and Halton. LANSIL anglers claim ownership of the banks and bed of the river, which, they claim, gives them ownership of the water as well.

Despite this argument going on for upwards of thirty years it has never really been resolved, becoming more problematic at certain times than others. Attempts by the University to develop a watersports 'Centre of Excellence' on the

banks of the Lune last year, in conjunction with the Lancaster Royal Grammar School and the John O'Gaunt Boat Club, would appear to have inflamed the situation.

The seriousness of the matter has meant that the University Secretary, Fiona Aiken, has been given the issue to deal with. On Wednesday morning, the issue was brought before the University Management Group for debate. Whilst the University has been loathe to take the matter to court, it appears that there is now top table agreement to resolve this issue once and for all. The University remains confident that an attempt by LANSIL to refuse access to the Lune for the clubs would be thrown out of court.

Nevertheless, attempts are gathering pace to find case history and precedents to beat LANSIL if they try and slap an injunction on the University. It appears that Management is anxious to resume normal service as soon as possible.





# Carolynne

Culture, Features, Fashion & Lifestyle

## Photo of the Week

This week: Sammie Caine

SCAN values creativity and not just that of the verbal sort, which is why we are giving the photographers amongst you a fantastic chance to showcase your talent; every two weeks, we will be choosing the best photographic submission to feature as our *Carolynne* cover.

All you need to do is attach your photo(s) in an email to **scan.photography@lusu.co.uk**, along with your name and a few words about the image(s) you've chosen. Make sure you send us the best quality version of your work so it looks superb on the front page, and good luck!



### In this issue:

- No room at the top: Sexism in Hollywood
- Golden Globes 2014: The Highlights
- Tinder: The new dating app.
- My experience of Dry January
- The search for the perfect brows
- Style highlights of the Golden Globes
- A guide to Interailing around Europe
- Foods that will lift your spirits
- Lancaster alumni: Where are they now?
- SCAN recipes

# Damien Hirst's *Charitable Endeavours*

**Danny Gallagher**

From February 8th 2014, Damien Hirst's Mickey will officially be on view to the public as part of Christie's auction presale; a piece placing him within the illustrious company of Andy Warhol and Roy Liechtenstein as a re-creator of Disney's most decorated character. For a man whose previous works have each individually stood in the millions in terms of market value, the question must be posed; is he doing more than enough for charitable causes? Or perhaps the individual, not immediately associated with do-good deeds, should be contributing more. Controversy and evaluation has followed Hirst throughout the entirety of his artistic career, from his wild selections of deceased animals to form abstractions, to his vast array of world-renowned polka-dot ensembles. You wouldn't be blamed for perhaps thinking that a man who has forever come under such questioning about his artistic approach and seemingly brash attitude during interviews would not excessively go out of his way to aid the plight of others; nevertheless, you would be wrong.

The world of art stems from an assortment of principles of not only creating beautiful things to derive aesthetic pleasure from, but additionally to share and celebrate these things – ultimately giving something back to society and the world itself. The charitable endeavours of Hirst can certainly be seen to ring in accordance with this, with the artist previously offering his services to and/or financially supporting a wide spectrum of charities ranging from Livestrong, Great Ormond Street Hospital and WarChild, to Dorset Wildlife Trust and the Silverlake Conservatory of Music. Regardless of opinion on the artist himself, it cannot be said that Hirst fails to throw his weight about on the charity scene, having become

a long term ambassador to specific causes alongside the decorated names of Bono, Paul McCartney and Johnny Depp.

Hirst, who came under public scrutiny for his dismissive attitude surrounding his employment of assembly lines of thousands to produce his iconic grids of colour and polka-dot specialities, perhaps finds the negative eye hard to avoid. Back in 2008, world renowned art critic Robert Hughes himself promoted his view of 'extreme disproportion between Hirst's expected prices and his actual talent' in regards to the artists work. Nevertheless, it is these very polka-dots which bear the core inspiration behind 'Mickey', strategically arranged with creative touch in order to immortalise Walt Disney's most famous character in a very Hirst type fashion.

**The main issue for many speculating Hirst however, is his refusal to accept the complexities involved within the production of his iconic spotted 'Caproaldehyde' patterns.**

With some works selling for tens of thousands for what is often perceived as minimal effort, as highlighted with the instance of assembly line production, it appears justified to perhaps suggest that Hirst could carry out these charitable deeds of work-auctioning much more frequently. On the other hand, for passionate art collectors and those truly appreciative of the work of Hirst, mass production of the artist's work for charitable purposes would severely diminish the prestige of his work; the novelty and status of owning a Hirst would simply be gone.

Damien Hirst will never universally appeal to everyone and will forever create divides within the art world - this much is true. That being said however, it is for this reason itself as to why Hirst is as globally recognised



as he is. A figure who has been ever enthralled in the media's attention throughout his career, the spotlight now involuntary appears to fall upon him through false of habit. Figures speak for themselves however, and it cannot be disputed that Hirst, regardless of his public persona, has certainly heavily implemented

himself in charitable work throughout the years. As the hammer goes down in the Christie's auction room and 'Mickey' departs to the highest bidder, the smiles of those at the Kids Company will likely be matched by one on the face of Hirst himself, as another masterpiece enters the world in the altruistic aid of others.

## Culture Update: What's been going on?

- Matt Smith and the rest of the Doctor Who team were once again some of the the main recipients of titles at the National Television Awards on the 22nd January. The show picked up awards for Best Drama, and its main star also managed to scoop up the award for Best Drama Performance. Other big winners included Ant and Dec who not only received awards for Best Entertainment Presenter and Best Entertainment Programme but also the esteemed Landmark accolade.

- Lancaster's Battle of the Bands is officially back! For those of you who missed the first heat in Week 3, heat 2 will take place in Pendle Bar in Week 4 at 8pm. The final will be held in the Sugarhouse on Wednesday, Week 6, where the winner will bag the prime spot at Campus Fest.

- Daft Punk won big at the 56th Grammy Awards on January 26th, taking away awards for Album of the Year and Dance/Electronica Album with Random Access Memories, and Record of the Year and Pop/Duo Group Performance for last year's hit Get Lucky. Other winners included Lorde, Macklemore and Ryan Lewis and Pharrell Williams, while Taylor Swift went home empty handed.

- Only Fools and Horses star Roger Lloyd-Pack died on January 15th at the age of 69. The actor was best known for his role as Trigger in the show, but also appeared as Owen Newitt in The Vicar of Dibley and as Barty Crouch Sr in Harry Potter and the Goblet of Fire. Co-star Sir David Jason (known as Derek 'Del-Boy' Trotter) spoke with sadness at the news, saying Lloyd-Pack was "a very quiet, kind and unassuming actor who was a pleasure to work with".



# Is television taking over film?

Erik Apter  
Sport Editor



For so long, the film industry has been seen as the pinnacle of screen acting, the place where every on-screen actor wants to be before their career can be considered a true success. The rise to Hollywood stardom comes easier for some, but for a lot of actors it's years of baby steps before they finally get their big break, if they ever do.

One particular career stepping stone that so many actors have and continue to use is television, a practice that not only allows an actor to show off their talent, but gain public awareness through the millions that tune in to watch. Many big name actors made their name in television first: Denzel Washington, George Clooney, Johnny Depp and Morgan Freeman all used TV as a springboard to hit the big time.

But with the rise of services like Netflix, less people then ever are actually going to the cinema, the film industry is shrinking and the small screen is becoming prestigious in its own right.

The extraordinary standard of TV

dramas in recent years has arguably gotten people more excited than any big budget film that's been released within the same time frame. Lots of different genres of series, from Breaking Bad to Downtown Abby, have a huge and increasing fan base as well as being widely praised by critics.

Actors are now looking at TV in a different light, with huge film actors taking roles on the small screen thanks to the quality of programme being produced. High calibre actors such as Oscar-winners Kevin Spacey and Al Pacino would probably never have considered TV roles a few years ago, but now both head amazingly well made shows. Matthew McConaughey is even using TV to continue his remarkable career transformation by starring in the incredible HBO show True Detective.

This rise in TV standards clearly has a direct link with financial implications and the investment put into British and American series throughout the last few years. Whilst the film industry continues to have cuts, money is being invested into making high quality shows on both sides of the pond.

This has also lead to a positive domino effect; TV companies are

taking more creative risks with their programming due to the successes of certain programs, meaning that money is being invested rather than quality



“safe” programmes we’ve become accustomed too. The critically acclaimed Breaking Bad is a prime example - it was rejected by the big networks in America before a smaller company within AMC took a big risk that led to big rewards. Breaking Bad was also a leading example of taking risks in terms of casting, Bryan Cranston being an inspired choice despite him being widely known for

his comedic turn as Hal in Malcolm in the Middle.

One of the reasons for the successes of TV is that programme makers have mastered the art of the long narrative.

The one advantage TV always has over film is time; films are forced to tell an entire story in the confines of a two hour screening, whilst a TV series can use up to 20+ episodes during a series to build characters, tension and let the events unravel slowly. By progressing a story slowly and putting the foundations in place before coming to a series conclusion, TV writers are currently utilising the main advantage they have over film.

So has TV taken over film in terms of quality and success? Not quite. Despite all television’s triumphs over the last few years, for the foreseeable future film will still be seen as the ultimate art form for actors and directors. However, the gap is somewhat smaller than it once was and if the success of television continues, perhaps one day they will be considered as equals.



# No room at the top: *Sexism in Hollywood*

Hannah Brady

On March 2nd, the 86th Academy Awards will take place in Hollywood, with every star in attendance in their finest couture, hoping to leave clutching that elusive golden mannequin. After 86 years of the Oscars - through war, the civil rights movement, the rise of feminism, and the advent of technology that's changed the very face of cinema - you'd think everything would have changed since 1929 - right?

Well, there's one area that has remained stubbornly stagnant all these years, and that's the presence of women at the top of the film making business. The Oscars, the Golden Globes, the Screen Actor's Guild Awards and all the other big award ceremonies are a reflection of what Hollywood deems excellent (the 6,000 members of the invitation-only Academy of Motion Picture Arts and Science cast the votes for what wins) and yet, the lack of female directors is conspicuous in the ceremonies' history. Things seemed to be changing for the better when Kathryn Bigelow became the first woman to win the Best Director Oscar for The Hurt Locker in 2010 - but Bigelow was only the fourth woman to be nominated for the award in the Academy's history, and none have been nominated since. It's not only women who are drastically under-represented: if Steve McQueen wins this year for his searing historical drama 12 Years A Slave, he will be the first black male director to have ever lifted the Oscar statuette. Only two others have even been nominated - John Singleton in 1992 for Boyz n the Hood and Lee Daniels in 2009 for Precious. When you look at the statistics, it's hard to excuse.

It seems shocking that in 2014, Hollywood can still be so apparently behind the times: yes, we have fantastic powerhouse actresses winning awards every year, but only four ever nominated for directing them? But it's not just at

the award ceremonies where things are tough at the top for women. Research carried out by the Sundance Institute and Los Angeles-based Women in Film organisation found that women represented only 4.4% of the directors of the 100 biggest box office films between 2002 and 2012, and that the figures also suggested that the bigger the budget of a film, the less likely it was to have a female director. Of the top 100 grossing films of all time, only two have been directed by women: number 83, Phyllida Lloyd's Mamma Mia! and number 68, Jennifer Yuh Nelson's Kung Fu Panda 2.

These figures are all the more depressing in the face of what's felt like a female revolution in films: the highest-grossing film of 2013 was The Hunger Games: Catching Fire, with star Jennifer Lawrence front and centre, and Disney's sister-focused fairy tale Frozen, the first Disney Animation movie with a female director, is the studio's most successful film since The Lion King. One piece of news that made my year was the fact that of the top 50 films in 2013, films passing the Bechdel Test made up to \$1.5 billion more at the box office. The Bechdel test is a very simple test for obvious gender bias in film: a movie passes the test if it 1) has two or more female characters, 2) who talk to each other, 3) about something other than a man. The test isn't perfect: it doesn't guarantee that a film is actually female-focused (Alfonso Cuarón's hit film Gravity, up for pretty much every Oscar this year, fails despite Sandra Bullock being the only character on screen for most of the running time)

and it is a little depressing that we're still celebrating films which beat what is basically a really low standard for women in film - having any conversation at all that's not about a man? Wow, revolutionary! But the test is still a good way to analyse Hollywood's prejudices when it comes to women in film. I for one am sick of films in which the main female character seemingly exists just to float around the male character, explaining his skills and appeal, and maybe kicking some bad guys while wearing six-inch high heels to prove



Photo courtesy of Mingle Media TV

that she's a 'tough action girl' - and the Bechdel test goes some way towards suggesting an alternative, and mapping out hopeful trends for more three-dimensional women in film.

But even if we do have more women on our screens, they're not finding their way to the director's chair: only two films with female directors got anywhere near the top 100 films of the year, and the rest of 2013's female-fronted films are mostly indie pictures that made relatively little, like Sofia Coppola's The Bling Ring, which only made \$20 million (small money in Hollywood) despite the draw of Harry Potter star Emma Watson. There are excellent female filmmakers - say what you like about Twilight, Catherine Hardwicke's film of the first book proved an undoubted smash-hit with teenage Twihards the world over, and perhaps one of the greatest directors, the late, great Nora Ephron, gave hopeless romantics like me timeless classics like Sleepless in Seattle, You've Got Mail and Julie & Julia. That's why it's so disappointing that they're not at the helm of the big, Oscar-bait movies that get the plaudits.

When the stars come out for the Academy Awards, there won't be any women in the running for Best Director. There are women to be found outside of the acting awards - of the nine films on the short-list for Best Picture this year, six have women on the producing team - and, in the cases of American Hustle and Her, the same woman, Megan Ellison. With women having such a powerful year in film, giving us new cinematic role models like Jennifer Lawrence's Katniss Everdeen and a Disney film that's more about a princess and her sister than a prince, it seems more tragic than ever that women are not being given the chance to step into directing films, hindered by Hollywood sexism. It's a shameful aspect of the silver screen - a silver screen that is, perhaps, more than just a little rusted.

towards the luxury and opulence with which chart music is strewn. It seems to re-appropriate an air of swagger from the super-rich minority back to the ordinary everyman listener. While Lorde's lyrical genius is almost faultless, the middle of the album seems to collapse into a lull. Despite the rapturous choruses, the monotone and repetitive verses of Ribs seem to blur into the sluggish tempo of Buzzcut Season. The faster pace of Glory and Gore provides a momentary awakening, but this is short-lived when preceded by the Lana-Del-Ray-imitation melancholy of Still Sane.

A World Alone provides a welcome relief as a rousing final anthem. Ending on a restless, us-against-the-world image seems all too appropriate for the unconventional lyricist. The rhythm skips between tempos and it seems rather apparent that this variety was sadly absent in the previous tracks. Pure Heroine seems to hang upon the strength of Tennis Court, Royals and the finale of A World Alone in order to sustain the material in-between. There's no question that Lorde is an inordinately skilled wordsmith, but she has not yet consistently mastered how best to showcase her words to music. At the age of 17 though, it seems only a matter of time.

## Review: Lorde 'Pure Heroine'

Shona Jackson



I first heard Lorde driving down the M6 one dreary Lancastrian day. The radio was crackling indecisively when the ultra-cool nonchalance of Royals cut through the incessant rain. Tapping unconsciously on the dashboard I imagined the owner of the smoky vocals to be twenty-something, living in a Manhattan loft and sipping Jack. In reality, Lorde,

or Ella Yelich-O'Connor, is seventeen and lives with her parents in Auckland. The mane of brown curls, moody black-lined eyes and eclectic thrown-on style with which she has become synonymous, camouflage the singer's surprising youth. It's not every high-schooler who can claim a number 1 single, top 50 album and Rolling Stones cover in their CV. With the release of her first EP The Love Club in March 2013, Lorde caught the music world with her witty, lyrical anthems. With Royals going global, critics quickly honed in on the small-town singer-songwriter, spouting predictions of inordinate success for her debut album.

The highly anticipated Pure Heroine was released in September 2013, achieving number one status in both New Zealand and Australia.

The album has a certain poetic rawness and unlike her contemporaries Lorde's lyrics are unstained by teenage

egoism. She draws on familiar experiences and notions but relays them to her audience inclusively, without creating a clichéd and isolate dialogue between a 'you' and an 'I'.

The album opens to the satire of Tennis Court, an anti-materialistic anthem. Lorde mocks the superficiality of high school stereotypes and chastises a social structure built on appearances. It's a social commentary set to the thud of a pendulum beat. Despite its moderate tempo it's catchy, and although it's difficult to imagine blaring on a dance floor, Tennis Court is ideal chill out music. The pace also gives a well-deserved emphasis to Lorde the poet. A self declared lover of Sylvia Plath and a literature connoisseur, her lyrics would look as comfortable bound in a poetry anthology as they sound to the ear. The ambiguities of her songs give a refreshing change to the simplistic bubble-gum pop lyrics that so often frequent the radio waves.

An obvious stand out track is Royals, the very song that propelled Lorde from obscurity in her first EP. Its seduction is evident from the opening bars; her signature synth beat overlaid by rich, haunting vocal. The arrangement is simple, but oh-so effective. Lyrically, the song portrays a restless dissatisfaction



# Review: Jodi Picoult, ‘The Storyteller’

Lucy Smalley  
Culture Editor



Jodi Picoult’s previous work is renowned for its poignant links to relevant ethical and moral issues, and her latest novel *The Storyteller* definitely follows suit in that respect. Largely based upon the harrowing events of World War 2, Picoult creates chains of narratives that entwine and unfold in completely unpredictable ways.

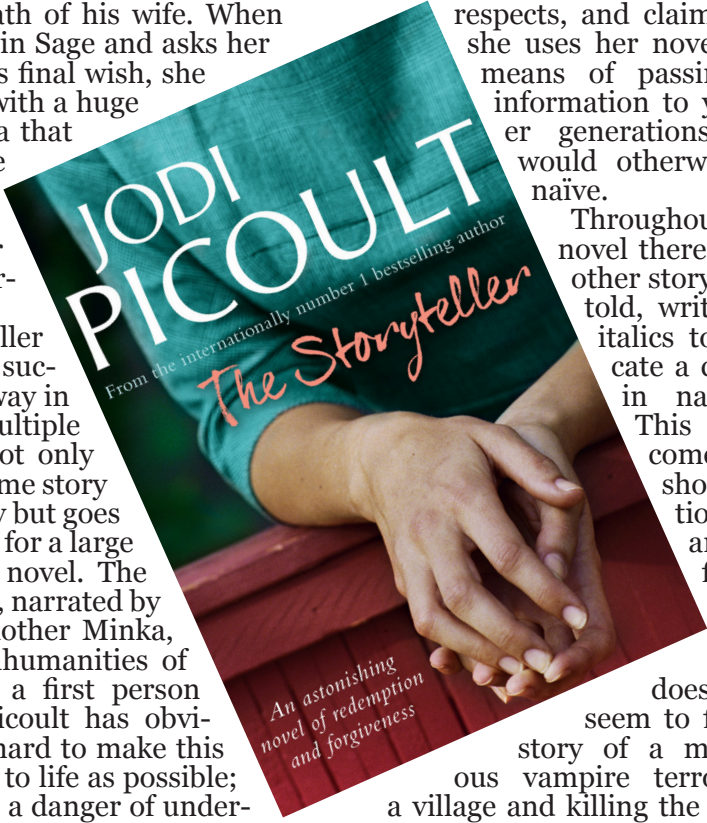
Main protagonist Sage Singer, whose troubled past is never truly explained until the very ending of the book, leads a life of solitude and guilt following the death of her mother.

She feels like an outsider due to obvious scarring on her face and is seemingly content with her work as a nocturnal baker for ‘Our Daily Bread’ – a little bakery situated in the foothills of a Catholic shrine in New Hampshire. Through attending

a grief group to help come to terms with her mother’s death, Sage meets and befriends Josef, a loved and respected OAP in the local community who suffers from a similar loneliness due to the death of his wife. When Josef confides in Sage and asks her to carry out his final wish, she is confronted with a huge moral dilemma that questions the boundaries of right and wrong and her capacity to forgive.

*The Storyteller* is incredibly successful in the way in which it uses multiple narrators to not only carry on the same story chronologically but goes back in history for a large section of the novel. The middle section, narrated by Sage’s grandmother Minka, talks of the inhumanities of the war from a first person perspective. Picoult has obviously worked hard to make this section as true to life as possible; there is always a danger of underwhelming and misinterpreting the horrors of real historical events such as the Holocaust, and many attempts both literary and cinematically have verged on disrespectful. Although

for me this is still a story that should only be told by those who survived rather than through the fabrications of a fictional interpretation, Picoult seems aware of this issue in some respects, and claims that she uses her novel as a means of passing on information to younger generations who would otherwise be naïve.



Throughout the novel there is another story being told, written in italics to indicate a change in narrator. This story comes in short sections and at first

doesn’t seem to fit, the story of a mysterious vampire terrorizing a village and killing the narrator’s father. As the main storyline progresses we realise that there is, of course, a reason behind these interceptions of seemingly irrelevant narrative. The story was written at

the time of the Holocaust by Minka as a child, a means of escapism, constructing wonderful links between the horrors and monsters of fiction and non-fiction. It encourages a reflection on the capacity and brutality of man, and the worrying reality of our ability to become desensitized to moral rights and wrongs.

*The Storyteller* seems to have all bases covered; not only is it a novel with a strong historical background confronting serious issues, but the story is also laced with love, loss, family, friendship and even the odd hints of humour. Despite all of these areas that Picoult delves into, what remains strongest and most memorable is how she depicts the difficulty and distress of telling a personally significant story, once buried in the past.

At the end of relaying the events of the war, Minka tells her granddaughter ‘I know how powerful a story can be. It can change the course of history. It can save a life. But it can also be a sinkhole, a quicksand in which you become stuck, unable to write yourself free.’ The storytellers in this novel tell of both personal and collective horrors – stories that changed not only their life but had a much greater level of impact than they would ever imagine. It was certainly a book that I won’t be forgetting for a while and one that poses far more questions than it answers.

# An NME Nomination for Doctor Who

Greg Walker

2013 was, by all means, the year of the Doctor. Steven Moffat promised that the show would “take over our screens”, and despite the earlier months of the year perhaps being a little bare, Doctor Who was everywhere you turned by November. The anniversary special *The Day of the Doctor* was the most watched programme on British television last year, and if that doesn’t prove its impact, the total iPlayer requests for episodes from the last year is over 19 million. That is a lot of requests for 10 episodes.

As a whole, the last series of Doctor Who was one of the best in some time. Each self contained episode felt like an event, like something worth watching on its own without the bother of trying to follow the needlessly-overcomplicated storylines that dominated Matt Smith’s previous series. Yes, the mystery surrounding Clara was somewhat strung out, and the second episode “The Rings of Akhaten” was perhaps the worst episode of Who to grace our screens since its return in 2005, but other than this, the series was the best it has been for some time. The

anniversary special was wonderful, and Matt Smith’s final episode was a fitting tribute to his time as the Doctor. Perhaps a little overambitious in its ideas (particularly a



needlessly aged version of his Doctor), but nevertheless, Moffat wrapped up all the loose threads he had hanging on from the previous series. The neat and simple resolution to the regen-

eration conundrum (that the Doctor has a finite number of lives) which has worried fans and producers alike since it was first established in 1976, was well implemented.

Though far from the send-off he deserved (particularly the weak script that let all the loose threads he had hanging on from the previous series. The neat and simple resolution to the regen-

to love about him and as such, it was a fitting end for one of the most popular Doctors of all time.

But where will the series go next? Peter Capaldi sneezed into existence at the end of the Christmas special, wide-eyed and a little bit terrifying, looking at Clara as though she was missing an arm and ranting about his new kidneys. If this is anything to go by – and if truth be told, a new Doctor’s first scene usually isn’t – he looks to be one of the barmiest Doctors we’ve had for some time. He’s as fine an actor as any who’s been before, and it’s likely he’ll be giving us some proper old-fashioned Doctor Who stories, akin to David Tennant or Tom Baker’s eras as the titular character. Jenna Coleman is also staying on for another series as the increasingly likable Clara Oswald, and now that she’s left the shackles of her “impossibility” behind, let’s hope we see some genuine character development on her part – frankly, she needs it.

2013 was truly the year of the Doctor, and the show has never seemed more popular. But that’s all in the past. 2014 is the now, with a new Doctor and a fresh approach to the show. And do you know what...?

It’s going to be absolutely fantastic.

# Golden Globes 2014: The Highlights

Dessita Petrova

One can never get enough of the Fey-Poehler duo, the funny and light-hearted actresses who hosted the Golden Globes show for their second time. Not once did they cross the thin line between funny and offensive, and they turned the night of January 12th into what Tina Fey acknowledged in the end to be ‘a beautiful mess’.

The biggest Golden Globe winner of the night was American Hustle. It received three statuettes altogether: for the Best Comedy or Musical, Best

Actress in a Comedy or Musical (Amy Adams) and Best Supporting Actress (Jennifer Lawrence). Dallas Buyers Club followed in second place with 2 statuettes – one for Best Actor in a Drama (Matthew McConaughey) and another for Best Supporting Actor (Jared Leto).

Surprisingly, despite being the most nominated and critically acclaimed, 12 Years A Slave received no acting recognitions and, just before the very end of the show, left with one award for Best Motion Picture Drama. That alone made me question what the reason might have been for losing the other six categories-

would the hard work and commitment of 12 Years a Slave actors be recognised at the Oscars? Keep your fingers crossed and wait.

The A-star actor Leonardo DiCaprio earned the Best Actor in a Comedy or Musical Award for his role in ‘The Wolf of Wall Street’- his fifth movie in collaboration with Martin Scorsese, strengthening the dynamics of this unbreakable and powerful duo. The night was just as triumphant for Cate Blanchett with her victory in Best Actress in Drama category for her role in Woody Allen’s Blue Jasmine. In turn, the director himself was honoured with the Cecil B. DeMille Award which was accepted by Diane Keaton on his behalf.

The three hour Award Show wouldn’t have been half as entertaining if it hadn’t been for the perplexed artists coming onto stage with no speech prepared.



As was the case with Jennifer Lawrence, the always GIF-worthy Academy Award Winning Actress. She appeared a little unnerved and in a daze and urged the Hollywood Foreign Press Association to never put her through this again. It took a while for Jacqueline Bisset (Best Supporting Actress in the TV Series *Dancing On The Edge*) to come onto stage, and her acceptance speech was rather unprofessional and incoherent, protracted by long pauses in which she struggled to find the right words. Maybe the most elegant and stylish of all were the presenters Robert Downey Jr and Jim Carrey, whose jokes saved the day in between the awkward speeches.

But it is still the award season, so more failures on the part of trophy-claiming artists and jokes at their expense are yet to come. With the Oscars quickly approaching, I am eager to see what the Academy Award show holds in store for us. Ellen DeGeneres returns as a host and her enthusiasm about it expressed in her constant tweets reaches out to me and sets my expectations high.

## You need to know: Catfish & The Bottlemen

Andrew Sharp

Welcome back to ‘You Need to Know’, the place to find that artist you didn’t know you needed to know until reading this. For this issue, I’ve decided to write about Catfish and the Bottlemen.

A notable step away from Communion’s normal folk-heavy repertoire, Van McCann (vocals & guitar), Billy Bibby (lead guitar), Benji Blakeway (bass) and Bob Hall (drums) make up the oddly named Llandudno foursome Catfish & the Bottlemen, the label’s first indie guitar signing. Already known for their explosive live performances, they spent 2012 hard at work playing over 100 shows. The old-fashioned route of relentless performing in small venues paid off in spring of 2013 as the band were signed to Communion Records, co-founded by Ben Lovett of Mumford & Sons, who wasted no time in getting debut single Homesick out in June. From it we learnt that if there’s one thing this band can do it is rock. Homesick very cleverly has a misleadingly tentative and intricate opening; it draws you in. But hang around and these guys burst into life and let it all hang out. You get bags of attitude in Van’s voice and an infectious guitar line all in a jam packed two and a half minutes. It’s an impressive introduction to the quartet who, after a festival slot with BBC Introducing at Reading & Leeds, returned with a second singled entitled Rango. The follow up was more of the same - characteristically brash vocals, piercing guitar riffs and explosive drums. Far from taking a step back and admiring how far they’d come in the past few months the Catfish tour bus hit the road for a massive 24 date UK tour during September and October. Tickets sold fast with credibility coming in the form of name dropping, having toured with The 1975 and much vocal support from The Vaccines after they attended one of their gigs. They are by no means a household name as of yet and haven’t succeeded in the singles charts but they have been appreciated on national radio by the likes of Zane Lowe and Steve Lamacq. Now in 2014, the boys look more promising as ever with further exposure from the likes of XFM. Here’s hoping they’ll find a gap in the Bottlemen diary to write and record some more big tunes to keep us rocking and surely release an album before the year is out. There is a certain charm about the lads and I can’t help but love them. They’re definitely a band to keep an eye out for.



# Review: *12 Years a Slave*



Iain Beddow  
Sport Editor

Harbouring praise from all angles, director Steve McQueen’s powerful portrayal of Solomon Northup’s tragically unjust fall from the comfortable New York middle class into abject slavery deserves every plaudit it has and will undoubtedly receive. The film – nominated for 9 Oscars – tackles a topic which often finds itself overlooked by Hollywood and pushed under their carpet: America’s Achilles heel – slavery. Represented so remarkably by McQueen, Northup’s 1853 memoirs are given a second life, as the film accounts his harrowing tale of torture and survival. McQueen’s third feature film follows free man Solomon Northup, a carpenter and talented musician, living with his family in upstate New York. Admired by his community, his life is soon thrown upside-down after falling victim to the slave trade. Northup’s life as a family man in

Saratoga, New York soon becomes a distant memory as he is kidnapped, transported, brandished with a new name and sold illegally to the plantation farms of Louisiana. In the Deep South, his old identity Solomon is brutally beaten out of him, and replaced by ‘Platt’ as he learns to adopt his new life in order to stay alive. The 12 years that follow illustrate the difficulties Solomon faces as he seeks a way out of the treachery that he becomes accustomed to.

**The transformation of character is acted so brilliantly by Chiwetel Ejiofor, as his stature, speech and personality all evolve into his degraded self.**

His captivating performance is aided by fellow slave Patsy, played excellently by screen newcomer Lupita Nyong’o, who feels the wrath of the psychotic plantation owner Epps (Michael Fassbender) on multiple occasions - to heartbreaking effect. The impressive ensemble is topped off with Benedict Cumberbatch and a cameo role from the film’s producer

Brad Pitt, who of course saves the day.

12 Years a Slave is an incredibly powerful, seminal piece of film-making which not only projects beautifully contrasting cinematography – the horrors of mankind alongside stunning landscapes - but importantly, depicts a compelling story at the heart of it. The score, written by Hans Zimmer, encapsulates the mood perfectly, creating the tension and atmosphere to let the film’s pictures shine.

Parallels have of course been made with Tarentino’s spaghetti Western, Django Unchained. Same time, similar subject matter, however this is where the likenesses abruptly end. While both include violence they do so in very differing ways. Tarentino’s exaggerated bloodbath is at times gratuitous and wholly unbelievable. In contrast, 12 Years a Slave utilises the reality of the horrors found beneath the slave trade without needlessly going over the top. Yes, at times it still makes for uncomfortable viewing but the feeling of pain and suffering is felt like none other. The use of violence makes the film feel increasingly real and raw, allowing the viewers to feel as if they could be there, living in Solomon’s ordeal

Read more online at  
[scan.lusu.co.uk/carolynne](http://scan.lusu.co.uk/carolynne)

too. In a film that creates its own gold standard, it is fitting that director McQueen is hoping to break down Academy barriers by becoming the first black director to be honoured with an Oscar. The artist turned film-maker also has the opportunity to become the first winner of both the Turner Prize (1999) and best director gongs at March’s 86th Academy Awards ceremony in Los Angeles. However following snubs from the Golden Globes, and – some - Oscar nominations, I fear that the film won’t receive the recognition it truly deserves. An average Oscar voter is Caucasian, male and over 60 – perhaps the film will prove a little too close to the bone for the Academy’s guild.

**12 Years a Slave is probably this year’s most important film.**

Steve McQueen hit the nail on the head when he said “We must confront our collective past in order to move forward into a shared future”, telling us just why this film needed to be made and why it should win big at the Oscars. Both directed and acted wonderfully this film is an exceptional piece of work that does warrant the praise it has so far collected.

# Kurt Schwitters at The Dukes

Tom Farrow

Kurt Schwitters (1887-1948) has long been a favourite artist of mine, so it was a treat to find that an exhibition of his work was taking place at the Dukes. I arrived at the show with high expectations but upon entering the exhibition space was initially disappointed to find that the show consisted of prints rather than originals, and contained more of his expressionistic work than his well-known collages. I had expected that due to him spending his final years in Ambleside, Lakes, that the local connection might have resulted in some originals being present. However, this malaise was short-lived and I soon found myself immersed within not just the art, but the artist, and feeling deservedly foolish about my initial skepticism.

Biographical texts on different epochs of his life interspersed the visual works, providing insights into the contexts of the images and really bringing home the reality of the man. When looking back on historical artists it is all too easy to view them as two-dimensional caricatures or as collections of plates in library books.

The biographical pieces served to peel back this facade and illuminated Schwitters as a human being.

Recurring themes in his story are persecution and ill health – strokes, seizures and broken lungs. In 1937 he fled his native Germany where the Nazis had labelled him a ‘degenerate artist’. His work was publicly mocked, and soon the Gestapo wanted to ‘interview’ him. Hearing of this, he left for Norway where he remained until 1940 when the Nazis followed.

He fled once more to Scotland, where rather than being granted refuge, he was sent to an internment camp on the Isle of Man. He was kept there as an ‘enemy alien’ with 1200 other German and Austrian refugees, intellectuals and artists for almost a year, surrounded by barbed wire and with scarce materials for his work. As a compulsive creative this led him to painting on old packing crates and cardboard, using a mangle to make prints and (bizarrely) sculpting out of leftover porridge, which molded terribly and dripped through the floorboards into rooms below.

The paintings from this period displayed in the exhibition are expressionistic in character and it is suggested that this stylistic change was a result of his persecution by the Na-

zis, for when not just one critic but an entire nation derides one’s work it is bound to leave a lasting effect. The inclusion of these works in the show provides insight into another side of Schwitters – no longer just the artist, but the martyr. A touching film on the Holocaust featuring tales told by its survivors ran throughout the experience, reinforcing the historical significance of his oppression.

As I left the space a film screening ended next door, forcing me to wade slowly through a sea of pensioners. It was then that it occurred to me that any member of this anonymous crowd could have been as effected by the war as Schwitters was. Any one could have been persecuted in the same way; could have fled torment across oceans and islands. And it was this realisation, more than anything, which humanised the artist. He’s not a footnote, a shadow or an obituary. He was one of us. And what’s more, he spent the final years of his life not far

from here and you could pass by his ghost on the pavement any day of the week. His works are not just images, they’re symptoms of humanity under pressure, and creativity persisting in spite of every opposition.



## scan Interviews: *Reverend and the Makers*

**Simon James spoke with Jon McClure, frontman of Reverend and the Makers, about their upcoming album.**

Simon James  
Deputy Culture Editor

The new Reverend and the Makers album is called ThirtyTwo – Jon’s age. Jon starts by telling me he is

totally at ease with where he is at in his life; he does not find the seven years since the release of their first album, The State of Things, restrictive in any way. “I think if you don’t try and be something you’re not and move your music with you, you can do very well as an older feller,” he says,

‘before highlighting how artists such as Seasick Steve have had success in their later years’.

Jon says it’s clear in the music that they were having fun when recording their fourth album – “it’s full of bangers, and probably the best album we’ve ever made.” When asked how it compares musically to their previous work, I am told it combines the clever lyrics of their first album with the melodic nature of their third (which is convenient as their second one is generally considered to be their weakest work, with a heavy political theme he says is not present in the new album).

The band have always been very active with their fanbase, providing exclusive content, doing live video streams and even a recent spate of free gigs in fans’ houses, all with the intention of creating “a vibe” around the band. Jon says it was this perseverance that enabled them to sell out The Plug in Sheffield (which has a capacity of over 1000 people) twice before they were eventually signed and started playing even bigger venues. He compares this way of breaking through with what he calls the “get management, get record label, get on the radio” approach. He says that now is a good time for

music because Twitter has made the industry more democratic by cutting out the middle-men (managers, producers etc.), “breaking down the barriers of rock and roll.”

As well as working at it themselves, one of the ways Reverend and the Makers have got themselves out there is by supporting bigger bands on tours: “When people like Noel Gallagher [Oasis] or Flea [Red Hot Chili Peppers] ask us to come on tour with them, it is a real affirmation of what we do.” Jon suggests that one of the reasons Noel asked him to support both Oasis and the High Flying Birds could be that he shares a similar view on the state of music today: “Driving to work listening to Nick Grimshaw play Little Mix records isn’t what the nation wants - I don’t care who you are.” Jon says music with “integrity and depth” can be found mainly online, and predicts it will soon replace the “inane nonsense” on the radio which “everyone thinks is rubbish.” We’ll have to wait and see if he’s right.

For the full interview, including a humorous anecdote in which Liam Gallagher asked Jon what his favourite type of pea was, listen to the Live Sessions show on Bailrigg FM – February 4th, 7pm.



Photo courtesy of Reverend and the Makers





# HOW TO: Be single on Valentine’s Day

Emily-Jayne Nicholls

You don’t need someone telling you how to be single, it’s pretty easy. It basically means instead of spending money on expensive chocolate and champagne for two, you spend money on uncooked cookie batter and cheap wine for one. It’s really not that bad trust me, as the love child of Bridget Jones and 30 Rock’s Liz Lemon the last Valentines Day card I got was from my cat and I’m still in one piece. It might be a slightly bitter, twisted aspiring cat-lady piece but it’s still one piece! Whilst this is meant to be a ‘how to,’ nothing peeves me off more than a life affirming quote on the backdrop of rainbows and sunsets meant to steer ones righteous soul. Luckily I don’t have a soul, certainly not on February 14th so I have decided to simply share my thoughts on not only surviving, but thriving as a single person on the dreaded V Day!

## Listen to Cher

The age defying, cat suit wearing (and pulling off, seriously she’s 67!) husky voiced alpha- female is the Queen of empowering songs! It doesn’t matter about gender, your orientations, even if you’re about to marry the love of your life, there is

a Cher song for you. Actually, I lied, if you are about to get married go listen to some Gary Barlow and leave Cher’s powerhouse belters to we single folk, you can’t have everything! ‘Save up all your tears cos’ you’ll be crying over me,’ take that any one who has ever dumped or betrayed you! ‘I hope you find it, what you’re looking for,’ for those who need an excuse to have a good sob with the two men who will never let you down- Ben and Jerry. Though my personal favourite is ‘Now I’m strong enough to live without you,’ strut around your kitchen singing this full pelt, complete with air grabbing hand gestures and you’re going to give a pretty good Valentine’s Day, especially if your microphone is a wine bottle

## Laugh at yourself (or your friends, or me)

Chances are someone has had a worse Valentine’s Day than you. Have your friends over for an innocent night of films and wine and then when everyone’s suitably drunk launch your Valentine’s Day attack. Even if they’re loved up on the 14th at least you have the memory of them crying into their tequila because their rabbit understands them better than their boyfriend. If that fails just think

of a single woman on a train, getting rejected from a job over the phone then getting drunk on free first class wine crying to the conductor- yes this happened and yes it was me and yes it was on Valentine’s Day. At least you can laugh at me if your friends aren’t miserable enough!

## Eat chocolate

Eat chocolate, drink wine, eat some more chocolate, drink some more wine. Bonus point if this takes place whilst wearing a onesie, double bonus points if this onesie has animal ears on the hood. This is not an excuse, this is mandatory and the best part is you don’t have to share, you don’t even have to get dressed, you can’t do that in a restaurant now can you?!

## Make couples feel awkward

This is an optional extra to the chocolate/ wine instruction and can be achieved in a variety of ways. Perhaps innocently invite yourself to dinner with your couple friends, feigning ignorance of Valentine’s Day. Or fail to get the hint that your flatmates want the house to themselves and suggest a CSI marathon complete with a pop quiz at

the end. Please note, this should not be taken into consideration if your friends are really kinky and might genuinely think you are proposing a swinging session. Also there’s always blackmailing your way into some Valentine’s chocolate, I’ve genuinely threatened not to pick someone up from the train station unless they bring some, I got a bag of Maltesers and a Metro so wins all round.

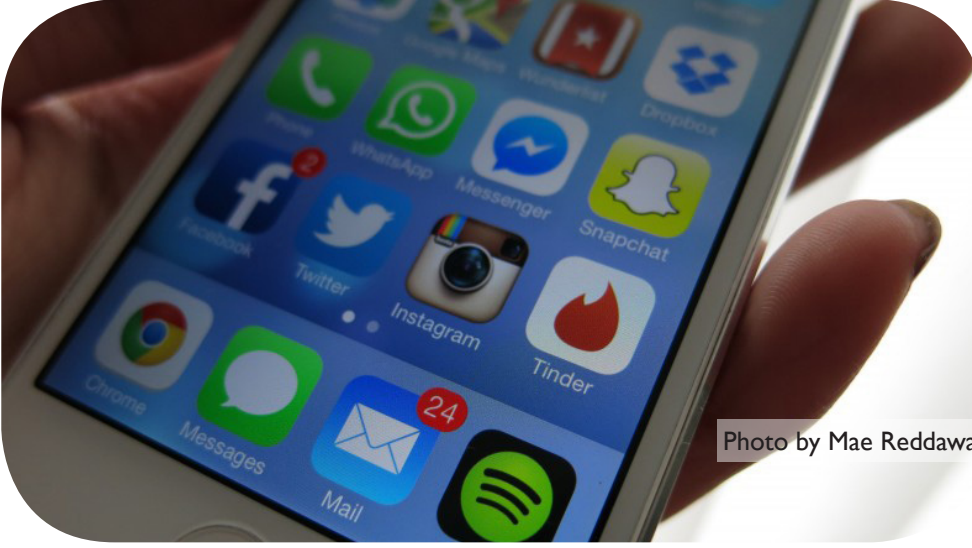
## Remember you are a strong independent woman and you don’t need no man (note: insert ‘man’/‘woman’/‘cat lady’ where appropriate)

People, the media, your Mum (and most likely Grandma who thinks because you’re unmarried at 20 you’re going to die alone) often try and measure a person’s worth by their relationship status. Single or not, remember all the amazing things you’ve achieved, friends you’ve got and fun you’re having and that who you may or may not be taking to bed doesn’t define you, you define you! Except if you’re single on Valentine’s Day, and then wine will define you... and that’s okay!



Photo by Jonathan Eldridge

# Tinder: The new dating app.



Bryony Seager

“His nose is too big”, “Ew what is he wearing?”, “Wait, is that his wedding photograph?!” You’d be forgiven for thinking that these are words uttered during the auditions stages of America’s Next Top Model (the cycle where they entered boys), but in fact it’s not – it’s just the typical things that are said whenever someone stumbles onto Tinder; the new dating app that everyone seems to be talking about.

In case you don’t know what it is, I’ll give you a quick lesson. Tinder is an app where you upload a photo, decide which gender you want to be shown, decide an age range/location range to your current position and off you go – looking through photographs to find the love of your life. Left swipe for no, right swipe for yes. Once you’ve left swiped someone you can’t go back, they’re gone from your Tinder forever. If you right swipe someone and they have done the same for you, it’s a match and then you have the option to start chatting. Sounds simple, eh?

## Well, it is simple but it sure as heck isn’t romantic.

I think whenever I go onto the app it takes me approximately 0.04 seconds for me to decide either way. A friend of mine says that I should spend time looking at our shared interests, potential shared friends etc. before making up my mind. But to be honest, if someone is orange, wearing a backwards baseball cap and their polyester football shirt is slung over their shoulder, showing off their magnificent abs, they’re probably not for me. I don’t need to know that we both enjoy Dr. Who and fishing on the weekend. So I

guess in that sense it is very ruthless, there’s very little thought involved in it. Even if you do get a match and begin chatting, conversation usually devolves very quickly; I get bored. I have nothing in common with these people other than a brief spark of “Oh they’re hot” when I looked at the picture for a nanosecond. It’s the same sort of thing you might experience in Sugar at the weekend, that feeling that if you experienced it you’d probably just grin and walk on, rather than try and spark up some dodgy conversation.

For me, it’s a way of passing the time. I know that sounds intensely harsh but to be honest I don’t expect anything to come out of it and more than anything I don’t really want anything to come out of it. I can’t imagine that the best way to start any sort of liaison with someone is because you judged them almost instantaneously on their profile picture. I once asked a friend whether he thought anyone had ever started a long-term relationship through Tinder; his response was “well a mate of mine slept with someone twice”. Charming. I just don’t really see the point in it except as a tool to pass a little bit of boredom. It’s the equivalent of people watching, except with the option to Jedi people out of the way if you don’t like their hair, or if their nose is crooked. In that sense it’s great if you want to be a little bit judgemental without actually doing anyone any harm/being nasty!

As to whether Tinder is cold I’ll leave you with this thought, when I asked another friend of mine as to what his opening line is on Tinder once he’s got a match, he replied that it’s in two parts, the first being “I had a dream about you last night...”, she replies usually with a “?”, then his response is “just kidding, I dreamt I was a DINOSAUR!”

## We thought romance was dead...

# The grip of... Reality TV

Philippa Hawley

It’s a Saturday night and you begin your usual ritual of settling down in the front of the TV with your sweets and snacks for a night of entertainment. Flicking from channel to channel you’re greeted with programs such as Come Dine with Me, Splash and Strictly Come Dancing, and that’s only on the terrestrial channels. Reality TV has well and truly invaded each of our screens, but why does it have such a grip on us?

Arguably, the most popular type of reality television remains to be talent shows, with X factor springing to everyone’s minds. As a nation we are obsessed with these ordinary people who are vaulted to singing stardom overnight, but why? How does this affect our lives at all? Simply because we feel connected to those we see on the television every week, we feel as though we know these contestants and care about what happens to them. And so we vote in our thousands, desperate for the likes of One Direction to make it big (a few series behind, I know). Moreover, we love the fact that ordinary people have the opportunity to become famous whoever they are, almost as if it could be us on that stage every week.

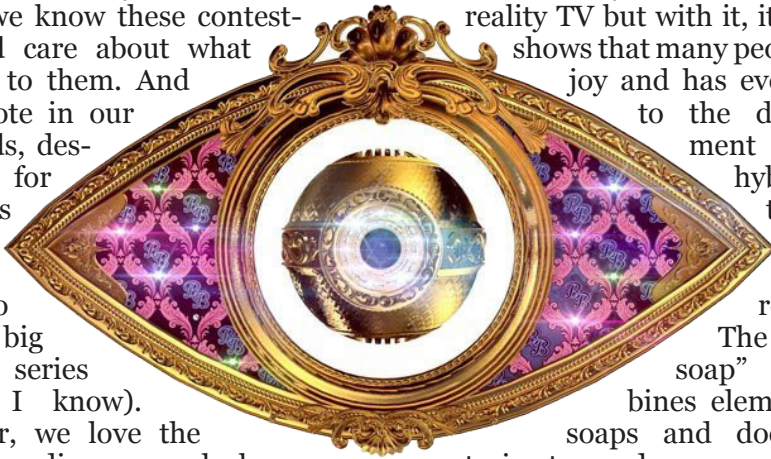
Reality television now knows no boundaries, for what started off as talent shows and cooking programmes has developed to simply following the lives of somewhat out-of-the-ordinary people. A prime example being Here Comes Honey Boo Boo, the newest American reality child star showing us her adventures with her “crazy family”, and crazy they are. This branch of reality TV gives us an insight into lives that are different from our own, and we are obsessed with anything different. My Big Fat Gypsy Wedding, for instance, documents a type of life that none of us are familiar with, and let’s face it, we just cannot get enough of those huge dresses. The huge pineapple and palm tree dresses remain to be beaten.

However, reality TV can be seen as having a sinister side. Are we simply captivated by these shows because

it’s an opportunity to laugh at those more unfortunate than ourselves? Personally, I can’t bear watching X factor auditions and don’t see the fun in laughing at people who genuinely think they can sing. Yet, the sinister side can come from the reality stars themselves rather than the audience. The latest controversial series of Celebrity Big Brother has already received 342 complaints from viewers, with Director of Mediawatch Vivienne Pattinson branding it “a new low for Big Brother”. Contestants are shocking audiences on a regular basis with fights, sex and abusive comments, which is definitely a common theme running through reality television today. Reality stars are being more and more outlandish to raise their profiles and viewing figures, but personally, I think we’ve all grown a bit tired of shocking reality TV moments.

There certainly is a dark side to reality TV but with it, it brings shows that many people enjoy and has even lead to the development of new hybrids of television genres. The “docu-soap” combines elements of soaps and documentaries to produce programmes such as The Only Way is Essex and Made in Chelsea, the latter being a favourite of mine. This hybrid makes for comfortable reality viewing as it is constructed as a scripted programme would be, so even though we are watching the lives of ordinary people we feel a bit detached from them as we don’t have to put up with the annoying interview commentaries like on Geordie Shore. With the rise of social media we love the fact that we are somehow connected to these reality stars, and can easily follow all of them on Twitter, and because of social media we can almost guarantee that these types of reality programmes will only become a more established television genre.

Reality Television has well and truly invaded our screens and does indeed have a grip on us. But whether you love it or loathe it, I can almost guarantee that you’ll find one reality programme that will be perfect for you and that will soon become your television guilty pleasure.





# Phantom hangovers, lock-ins & mocktails:

## *My experience of Dry January*

Charlie Edwards

Ever woken up with a hangover so bad you look to the skies in agony and make the declaration?

You know exactly the one I mean, the defeated, exhausted declaration that the pain suffered this morning was not worth the fun of the night before. **I am never drinking again.** The declaration of defeat. The declaration that is broken only hours later when you realise what a tantalising prospect a cheeky whiskey is at 3pm. **I am never drinking again,** well, until this hangover goes away.

On one particular late December declaration, I had heard about this “Dryathlon” malarkey. 31 days, no drinking – “Dry January”. I knew this was the detox my body needed to recover from a very enjoyable (hazy) Christmas. It is not a new concept; New Year’s resolutions and health kicks and diets and unused gym memberships are what makes January January. However Cancer Research UK have hijacked the month as a fundraiser. If you are going to put yourself through this torture, why not raise a bit of money in the process?

So when I declared **I am never drinking again,** I actually did stop drinking. I was working at a local pub on New Year’s Eve and celebrated with a few drinks after work until 6am. I wandered to McDonald’s, had a McMuffin of some description,

sat down at home at around 7am to my final drink of 2013. A stiff Jack Daniel’s and ice. The perfect accompaniment to a McDonald’s hash brown. I fell asleep knowing that this was my final drunken doze, the last time I would crash on the sofa and wake up in fully-clothed regret.

After a few days allowing my body to adjust, I got restless at home. I was bored. My housemates weren’t home yet, I needed to go out. Across the city of Lancaster, everyone is aware I am now sober; and I have challenged the cumulative bartenders of Lancaster to create the perfect ‘mocktail’. You see, cranberry juice gets awfully boring after a while.

My personal favourite is the innocent combination of passion fruit, pineapple juice and orange juice.

My vitamin intake has gone through the roof this month.

Why was I bored? Was it because the disappearance of alcohol in my life created a vacuum called “where the fun used to be”? No, not at all. I was bored because it is actually quite an easy challenge when you are at home, I don’t really like drinking at home. So I went out to test myself. I am out pretty much every night and temptation is everywhere, I had Bartender’s Evesober, staff Christmas Do sober, Lonsdale Refresher’s week (including Lonsdale Drunkenness Day) sober, pub quizzes, lock-ins and



football matches sober.

The hardest part of the month is trying to find something witty to do for my bloody video diary I stupidly agreed to do.

The one setback with going out and not drinking is the late nights. I still roll in to my house at 4 in the morning, to the point where I am so tired the next morning I suffer from phantom hangovers. My head hurts, my body can’t move and I can barely speak. Too many pineapple juices the night before.

The ‘Dryathlon’ is a fundraiser

for Cancer Research UK, and when I was at school I did a lot

more to raise money for charity than I have at university. I am very selective over which charities I support; Cancer Research UK is one of the leading cancer charities around the world.

I hope to live another seventy-odd years on this Earth and I genuinely believe one day before I die there will be a new declaration, they will be able to look to the skies in ecstasy, and say: **We have found a cure for cancer.**

It won’t happen overnight, it won’t come from my sobriety, it definitely won’t come from my useless videos. It will come from any donations supporting the sober dryathletes this month.



Photo by Cancer Research UK

# Is mental health becoming a more stressful issue for Britain?

Dan Rudnick

According to the Mental Health Foundation, one in four British adults will experience at least one diagnosable mental health problem in any one year, and one in six will be suffering at any one time. We see statistics of all sorts every day, and it can be all too easy to let them simply go over your head, but these ones really ought to stand out.

It is very likely that somebody you know, a friend, relative, work colleague or housemate, will be dealing with some sort of mental health problem right at this moment.

Mental health disorders are indeed some of the most common illnesses afflicting people in the UK today, and this means that they are having a great impact on today’s society, with stress, anxiety and depression the most common of these conditions. The Mental Health Foundation state that just under 9% of the population would meet the criteria for diagnosis with one of these conditions.

This figure is eye-opening, but it seems that the prevalence of stress, depression and anxiety is increasing amongst young adults.

According to the Royal College of GPs, doctors have been seeing a steady increase in the numbers of 15-34 year olds suffering from anxiety or depression in varying degrees since the start of the economic crisis.

Symptoms of these conditions are often triggered by life events, and the consequences of the recession can create somewhat of a perfect storm



for students, graduates and working people alike; stress caused by exams, high workloads and finding and keeping a job, amongst other factors, can quickly cause stress, anxiety and depression, amongst other problems. For many people these issues can spiral out of control.

Despite it being clear that mental illness is very common and on the rise in our society, there is unfortunately still a strong stigma attached to it.

Many people still do not understand the difference between mere emotions and actual mental disorders. Often, people who are depressed will seem outwardly happy to the people around them; depression does not simply mean a feeling of sadness. Furthermore, diagnosis is difficult. The symptoms of many mental conditions overlap and there are few physical signs of mental illness, meaning that it

is generally down to the patient to explain what is going on inside their head. Even for a perfectly healthy and happy person, it is not easy to sum up one’s mood in more than a few words, let alone in enough detail to diagnose a potentially serious disorder. The media is also guilty of exacerbating the stigma surrounding mental health conditions; the tabloid press regularly run stories about criminals with mental illnesses, meaning that many people are led to believe that people with mental illnesses are ‘crazy’, or inherently violent or dangerous. We can only hope that such attitudes will fade as the public becomes more aware of the reality of mental illness.

There is much which we can do ourselves to change the way we view mental illness. The more we talk about mental health, as we do about any other medical conditions, the more comfortable people will be in seeking help when they need it.

If you think, or know, that somebody close to you is suffering from any sort of mental health condition,

do not be afraid to talk to them about it.

Do not feel under pressure to solve the problem single-handed; any simple gesture, a ‘how are you?’ or an offer of a cup of tea, can let the person know that you are there for them if they need you. If you feel as if you are suffering in some way yourself, there is much help available. A trip to the doctor is one option, and a GP could help you better understand what you are going through. If, however, you do not feel comfortable talking to a doctor immediately, you will be able to find a wealth of resources on the internet to help you better understand your situation. The University has a counselling service available, as well as the Nightline service, if you just want to talk to somebody.

Above all, no matter how isolated you may feel:

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# My *New Year* Fashion Resolutions

Georgie Jones

Every year I tell myself to be braver with the clothes I wear, and every year, numerous times, I put on an outfit and I chicken out because it's too bright/too 'boyish'/too out there. I'd like to stop doing that once and for all this year.

My first new year's fashion resolution is to not be afraid of looking less 'feminine' with my fashion choices, and I think this is something every girl can relate to.

Yes, those boyfriend jeans are amazing, no they don't really accentuate or compliment my figure in any way, especially with that baggy sweater. But do I love them? Yes. Do they look cool (in my opinion)? Yes. So just go for it, Georgie. The same goes for hats. I couldn't count how many times I've put on a slouchy beanie or a cap and said to myself, no, it looks 'too much' or 'I can't pull it off. If you tell yourself you can't pull something off, then you won't pull it off. Confidence, as always, is key.

I'd like to start rediscovering old clothes this year. There's many a jumper or t-shirt screwed up at the bottom of my wardrobe, waiting to be worn, that hasn't had a day out in two years (but for

am a student after all. Sometimes I pull out an item and think to myself 'I have no idea how to wear this anymore'. I think I need to spend an evening with myself, pulling out old clothes and re-discovering

charity?

That is another thing we should all start doing in 2014.

Donating our old, unwanted clothes to someone who needs them more than we do.

It isn't often that I wear bright colours, or really, much colour of any kind. I would definitely say I am an advocate of the black, white and grey colour scheme (or lack thereof). I am also partial to a maroon or a blue. The fact is, I don't wear very much colour and there's no point telling myself I should if I'm clearly not comfortable. However, that isn't to say that there's not room for even the slightest colour in my wardrobe, and therefore my final resolution is to introduce some pastel shades into my life. A pale pink, here, a light blue there. Garish isn't exactly my thing, but introducing some pale options into my wardrobe will give my outfits a colour boost that I'm comfortable with, without going too beyond or different from my usual taste.

There are my 2014 new year's fashion resolutions, have you got yours?



Photo by Mae Reddaway

## scan Fashion-O-Meter

Because somebody needs to keep things stylish around here...

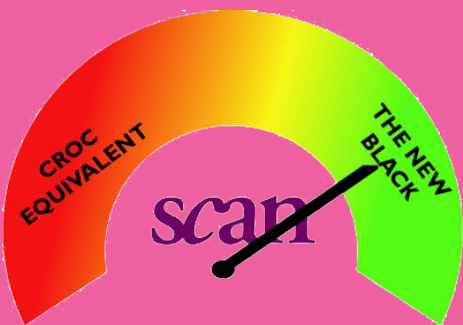
Damian Gray

### The New Black

- Crap Telly: Rejoice in your love of trashy reality TV and their skimpy outfits. Three cheers to Splash!
- Cadbury's Creme Eggs: You're meant to eat all 6, right?
- Jennifer Lawrence: Everything she says is magical. [When asked about her dress] "So this is the top... and this is the bottom." MAGICAL.
- American Hustle: Jennifer Lawrence in a wig? Say no more.

### Croc Equivalent

- 2014: This year is so last year. Fashion houses will already be thinking of next year. Keep up!
- Flowers: We don't want them. Not even next week. Honest. \*weeps\*
- Gym Kit: You shed out the cash to shed the pounds. Now you're both sat there collecting dust. This is typical you!
- Sequins: Leave 'em to Dancing on Ice and the drag queens. \*gasps\* Now there is an idea for crap telly lovers!





# LCM continued:

## *The blurring between Men and Women's fashion*

Rhea Cairns  
Deputy Fashion Editor

The masculine trend is out in full force at the moment, with a little helping hand from London Collections Men earlier this month – see Fashion Editor Heidi's round up of the trends in our first issue of 2014. But the question is not if we adore this trend or not – we most certainly do! – it's if we're becoming a little too comfortable dressing in men's clothing. I, for one, am a massive fan of anything oversized and I find it a lot less embarrassing to be sat next to a guy wearing the same jumper as me than a girl.

Nevertheless, have the lines of men and women's fashion become too blurred?

Should the 'I'm wearing my boyfriends' clothes' look be reserved for next-day walk of shames' only, or is it acceptable to ditch the, arguably somewhat limited, ladies high street collections in pursuit of something a bit more manly?

My inspiration for masculine dressing came from my new favourite blog: Girl in Menswear. After forever forgetting to pack an outfit for the next day and refusing to wear the same clothes for three days in a row, this blogger started adjusting her boyfriend's clothes to fit her small 5 foot 2 inch frame. Her love for menswear was consequently born.

But ladies, don't be put off: the masculine trend does not mean that the concept of shape should be altogether forgotten.

I'm a firm believer that everyone should dress according to their height, shape and size, whatever this may be.

Adding a belt will never go a-miss, and layers should definitely be a high priority, no matter what the season. Masculine dressing can also come in the form of tailoring, it's not all about baggy jumpers and shirts. A men's jacket or blazer can work wonders in giving any outfit a bit of a masculine edge.

I know I'm not on my own with my love for men's clothing, but how far is my opinion shared? I reached to a few of my dear fashion-loving female friends for a bit of help. "I agree that women can and should be able to wear men's clothing, but I think that it should be worn in moderation", one said, whilst another disagreed, stating that men's clothes should only be worn by women in emergency situations, such as the forever dreaded walk of shame, experienced by many across campus, no doubt. Interestingly, my fashion-loving male friends agreed with the former, sharing that "my girlfriend can borrow my clothes as long as we don't end up looking like twins". I have to agree with that one: the 'his & hers'

look is a bit too matchy-matchy for my liking.

But what do you all think? Should each gender stick to their own clothes, never to be swapped or mix and matched? The next time you see a girl in guys' clothing walking around campus, are you going to assume that she's had a cheeky late-night sleepover, or that she made a deliberate outfit choice that morning? I think that men should be flattered that we love their clothes so much; if anything, it's a compliment to say 'hey, we think your clothes can be much better than ours!'

Personally, the only thing that's stopping me from purchasing many items from the Burberry Prorsum Autumn/Winter 2014 collection shown at London Collections Men is my extremely restricted student budget.

# The search for the perfect brows



Heidi Nagaitis  
Fashion Editor

Eyebrows were big news in 2013. Don't get me wrong, they've always been pretty important beauty-wise, a little piece of the puzzle which you'd miss if you didn't have. However last season, they truly captured the limelight. Brows were emblazoned across magazine covers and features discussing every celeb's chosen brow shape were seen in every fashion publication. The humble eyebrows - or brow if you're rocking the Frida Kahlo look - became a big deal and if you weren't keeping yours groomed you were in trouble. Gone were the days when only plucking the odd stray hair was acceptable and tweezers were dug out on special occasions, 2013 was the year of the brow queens and their crowning came an array of brow products to keep your 'most important features' looking groomed.

There was everything from sugar rubs to professional pluckers to threading, each option sounding very unpleasant but oh so fashionable, all recommended by the newly-

emerging brow specialists. This trend was loved by the beauty eds, who dreamed of brows as prominent as queen Delevingne's. Cara's striking eyebrows were the talk of the town, with the dailies proclaiming that she had insured them for a hefty penny.

Such pressure to own the perfect brows hasn't waned over the Christmas break, with Spring/Summer 2014's models working strong brows, teamed with delicate pastels and florals.

But with great brows comes great responsibility and this penchant for defined facial friends has conjured up something truly horrific in the brow stakes; the scousebrow.

These beauties, according to local legend, were introduced by the ladies of Liverpool, who began to over-define their brows using eyeliner and powder, apparently with the aim of enhancing their look. However, the female population of Liverpool have been given a bad press in this 'brow off', with the trend also spotted in various regions, including the county of Essex. Personally, I feel that these girls are getting criticised for very easy mistakes; after all there's a fine line between brow perfection and



Photo by Mae Reddaway

wearing two great caterpillars on your face.

Benefit's brow powder has been hailed a beauty must-have leaving eds cooing. Granted, a number of my friends use their brow kits religiously and their eyebrows look incredible, but I experienced a very different outcome. Popping to my local Benefit beauty counter I tested out the brow kit, leaving my brows choking under a cloud of powder. My eyebrows looked fake, giving me a cartoon-like appearance, which the woman told me I'd "get used to." Now I'm not

here to slag off Benefit, I love their products and swear by their mascara, but the brows were a step too far.

If I'm honest, I prefer the natural look and, having tried everything from excessive tweezing to brow waxing over the years I've learnt to leave my brows well alone. Unfortunately it seems like perfect brows are one of those things you're born with and, like a lot of things in life, one has to simply make the best of a bad situation. I'll stick to maintaining what I've got, rather than meddling!

# Kate Moss: A model or a role model?

*I don't like doing pictures as myself. I like to be made into someone else.*

Sophie Barrett  
Carolynne & Spine Editor



Kate Moss, the five foot seven iconic supermodel who rose to fame in the nineties, has consistently been doubly famed for her photographic and catwalk ability. She has a pure outstanding talent to sell and thus dominate the fashion industry, her controversial private life and the media's labelling of her as 'Cocaine Kate', as well as references to the 'Kate House Days' and the destructive Pete Doherty relationship. She has been deemed one of the hundred most influential people in the world (Time magazine, 2007) – an influence which is both positive and negative. I wish to deconstruct Kate's modelling career and private life, and explore whether Kate's status as a model denotes that she must be a 'role model.' I want to examine whether the two distinctions can be rendered separate, and thus establish whether she is irresponsible, or indeed the victim of fame – a silent model who never asked to be a role model. Perhaps, however, by default, a model can never escape the status of 'role model'; the term model is all-encompassing.

Dominique Miceli has told the Observer that the popular fascination which surrounds Kate is due to her chameleon ability to 'completely change her image.' She maintains that every picture of Kate Moss 'shows a different girl.' Her changeability and unpredictability separates her from models of her generation; Miceli asserts that Naomi Campbell and Claudia Schiffer are 'superb', but always 'looked the same', whereas Kate constantly shocks and re-invents her image – she exerts her force upon the very boundaries of the industry, and shatters such boundaries. If Kate wants to smoke whilst walking the catwalk (Louis Vuitton, 2007), then such behaviour is deemed 'Kate-like' and fabulous. Jess Cartner-Morley, of the Guardian, responded to Kate's smoking performance with the assertion that 'there's only one thing the world loves more than a beautiful girl, and that's a beautiful girl who's a little bit bad. Therein lays the secret of the enduring appeal of Kate Moss.' Marc Jacobs appreciation of Kate is evident, he said 'the women in the show were all characters, not just anonymous girls.' This complies with

Kate's own statement – 'I like to be made into someone else.' Kate establishes a mask, a front, or a character when posing behind the camera, or strutting down the catwalk; she escapes reality. Thus implies that for Kate, her professional and personal lives are separate and distinguishable – modelling is fantastical, whilst her private life is her own reality.

However, Kate's personal opinion, most famously and sequentially most controversially, her statement: 'nothing tastes as good as skinny feels' (WWD magazine, 2009), unavoidably seeps into the public perspective. The term 'waif' accompanied Kate's image in the nineties; inspiring a new breed of skinny models which wiped the portfolio of muscular Amazonian models who graced magazines in the eighties. The press branded Kate as a champion of anorexia for young girls who idolised her. Former Ultimo model Katie Green, who launched the Say No to Size Zero campaign the same year, said at the time: 'There are 1.1 million eating disorders in the UK alone. Kate Moss' comments are likely to cause many more. If you read any of the pro-anorexia websites, they go crazy for quotes like this.' However, a large proportion of the fashion world hit back with a don't-blame-Kate attitude.

Does Kate's quote deem her a bad role model?

Essentially, it is an expression of her love of her skinny frame, though it obviously alludes to a promotion of self-sacrifice of food. Yet, despite articulating such a weighted statement, Kate retains an enigmatic persona. As Miceli asserts, 'the whole world knows her



[Kate] without really knowing her.' Snippets of controversial statements are provided every couple years; the very fact that such claims are torn apart by vulture-like media evidences that Kate rarely provides the media with information to work from – thus they squeeze meaning out of the rare occasions when she provides ammunition. Her unswayable fame, which never diminished during her Cocaine habit - if anything it raised her profile - has never been answered; neither fashion designers nor press can articulate just why she is so very successful.

The very fact that she rarely interviews, and she maintains a 'never explain' attitude which she claims she learnt from Johnny Depp – she doesn't use Twitter because she doesn't 'want people to know what is true all the time and that's what keeps the mystery', problematises the bad press generated surrounding her position as a role model. Kate is a model, but it appears that she does not wish to be a role model; she steers away from the Cara Delevigne attitude of communicating with all of her followers and retains an aura of ambiguity.



# The *young & stylish* of 2014

Chelsea Eddy

I'm going against the grain a little with this piece, rather than adhering to magazines and simply regurgitating the 'new trends to follow for 2014', I will simply be an objective tourist guide to trend. Being a susceptible follower of such advice, I immediately think that because Donatella Versace says that electric blue eyeliner is the way to go, I assume that it is legitimately the way to go; all over my face. Instead, my fellow impressionable youths, here is a condensed guide of who is actually inspiration-worthy and what we can take from them in creating our own sense of self in 2014.

Cara is an immovable tour de force in the metaphorical who's hot list, pulling in a magnanimous four million Instagram followers, and accompanied by an impressive A-list collective of BFFs - Rihanna, Jourdan Dunn. This necessitates the question: why Cara?

Models have been shaving their heads, tattooing miscellaneous pieces of their anatomy (next to the appropriate piercing naturally), all in the pursuit of being quirky.

**Beauty is subjective yet this industry jury are evermore dissatisfied.**

However, originality is just what Cara is, without being overcome by



vanity or a superficially aesthetic industry. She has a lion tattooed on her finger because she likes lions. She will wear a snap back saying she 'likes pizza', not because it's ironic, but because she actually freaking loves pizza. Now how do we learn from her? We wear and do whatever the hell we want, say what we mean, and welcome labels if that's how we define ourselves; I'm cringing as this means I now have to condone the 'NERD' t-shirt, although I have noticed and,

you know who you are, 'IRONIC' t-shirt wearer. Wear a beanie, wear joggers, but don't think that means that you are now constrained to looking forever casual. So to look like Cara and own it like Cara, you have to be an individual.

Our favourite Chelsea boy, regardless of what Spencer Mathews has to say about him in his autobiography, Hugo Taylor has, since September, created a flawless eyewear brand along with

co-founder Charlie Morris. The specs are modelled around core principles of quality, detail, intricacy and value. The boys designed them as a kind of 'progressive pastiche', creating an innovative collection. They were bought by Harvey Nichols and have also achieved star approval with our girl Cara donning the Roquefort's, as well as becoming her older sister Poppy's eyewear choice. Taking note from this collection, when the sun eventually battles through the familiar granite sky, we can look to glasses with traditional frames, think Wayfarer style frames, the winged frame, the round frame. Decorate them yourself with nail pens, go for interesting coloured lenses, or intricately coloured frames, like the tortoiseshell beauties appearing in TM's collection. Beyond eyewear, using the boy's principles to their brand, this year we can all embrace the traditional and make them entirely original by applying them to us.

You may have seen her posing for Urban Outfitters and just generally being cute, but Suki Waterhouse is the current darling of the fashion world. Her Instagram is a mish-mash of fry-up pictures, beautiful clothing and her face. Preferring jeans and a t-shirt to a ballgown, Suki has managed to bag arguably the most insane-faced man over 35, Bradley Cooper. So my didactic moral in this, is that - wear whatever you want with only one question to answer 'do I like it?'. Seek inspiration from those already established, observe the trends of 2014 and personalise them, feel good in what you wear - then and only then can I guarantee that you too will date Bradley Cooper.



# Style highlights of the Golden Globes



Heidi Nagaitis  
Fashion Editor

It's 2014 and Christmas is over. There I said it. The excitement for the season of goodwill which has been building since November has finally subsided and you're left with the seasonal cold, rainy weather and an endless list of deadlines. Fear not, January isn't all doom and gloom, you've always got awards season to look forward to. From the Golden Globes to the Oscars (and the National Television Awards if you're desperate) spring 2014 truly is the season to snuggle up under the covers and envy the stars as they party through the New Year.

The Golden Globes is an awards ceremony with a difference. For actors and actresses, the Hollywood Foreign Press Association appear to be the mystic meg of film, with their predictions automatically becoming box office hits. However, for the wide variety of stars invited to this prestigious shindig, another judge is almost as intimidating. According to some, being papped on the red carpet is akin to a fireworks display, or at least a very traumatic Laser Quest experience. As you hop out of your limo you are photographed from every angle, with pictures appearing on blogs and in magazines quicker than you can say 'let me just adjust...'. Even the 'serious media' who would normally frown at such things as style guides make sure their coverage of the stars and, more importantly, their outfit choices are analysed to the extreme. Unfortunately, 2014 for the darlings of Hollywood was no exception. The 71st Golden Globe Awards, on January 12th saw the Beverly Hilton Hotel overrun with designer suits and custom-made evening dresses

which both amazed and confused viewers.

Now, I'm not here to critique every outfit which made its way down the red carpet. I'm a big believer in people wearing what they want, regardless of whether it's explicable or not. However, I am here to draw attention to the best outfits and the stars who I think had the guts to look great.

Lena Dunham, the writer and star of HBO's 'Girls' rocked a canary yellow fishtail creation by Zac Posen with attitude. There's been a lot of hate surrounding Lena's styling choices and even over the cut and fit of the dress. However, I've got to admit it's nice to see someone looking happy and not primed to within an inch of her life walking the catwalk. This 'so what' attitude and the great colour of Mr Posen's creation against Lena's alabaster skin gave the star a unique look, without the try-hard label.

When it comes to awards ceremonies, Hollywood seem to underestimate the 'classic ballgown' look in favour of a more adventurous approach to fashion. I'm not a fan of Taylor Swift, although I have to admit she looked stunning at the Golden Globes. Her Carolina Herrera dress could have swamped her delicate frame, however the sweetheart neckline and bow detailing kept the star looking glamorous and, accessorized with simple jewellery and bold lipstick Taylor epitomised timeless Hollywood style.



**My favourite dress of the night was Ralph Lauren's scarlet creation for Lupita Nyong'o.**

The actress, who stars in the newly released '12 Years a Slave', chose a tricky design which included a cape after ignoring requests from Gucci and Prada who were both desperate to dress the star. The look was clean and unique,

boosting Lupita's status as a stylish celeb and definitely helping her gain a list of loyal followers at a whole host of fashion houses. For me, this dress wasn't the most beautiful of the evening, it was simply the best design; a shape which would leave so many women looking like an extra at the Hogwarts Yule Ball (with added wand obviously).

The boys at this Golden Globes also didn't disappoint with a whole host of stars choosing the classic tux design. Special mention goes to Matthew McConaughey who decided to Heff-up for the evening in a green velvet blazer and waistcoat from Dolce & Gabbana. It was a risky choice, which left him looking more Prince Charles than David Gandy. As usual, Michal Fassbender wowed in a classic tux with pocket square and Idris Elba looked suited and booted in a navy three-piece from Gucci, however for me the star of the show was Mr Martin Scorsese. As well as being an all-round good egg, the 71 year old legend of film and cinema looked dapper in a double breasted Giorgio Armani, showing the younger generation of actors why they should emulate true Italian-American style.



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## A guide to Interailing around Europe

Abigail Davis

InterRailing has long been a popular choice of transportation amongst students. From just £121, it is the cheapest and most efficient way to explore the mysteries of Europe. Its high speed and overnight trains mean that you will waste hardly any time travelling, and if you do have to catch a longer train you can grab a beer in the bar cart and enjoy a gorgeous view of the country, so no moment is lost. On top of the initial cost, all you have to pay for is flights out of the UK (which can be as low as £40), accommodation, and spending money whilst you are there. Hostels are a cheap and convenient option – plus it will give you the chance to meet like-minded young backpackers during your stay. But the most important thing to consider is where you want to go! Europe is the dwelling place of some diverse and interesting destinations, for whatever kind of holiday you are looking for.

Prague and Budapest are two utterly striking Eastern gems. Both destinations are filled with spectacular architecture and charming scenery. However, if you are looking for a more action packed holiday, Budapest may be the better option. With hot spas, the Grand Market, and the pedestrian - only Margaret Island, there are countless things to do – you may even run out of time! Alternatively, if you would prefer a more laid

back day time experience, followed by more vibrant nightlife, try Prague – home to riverside beaches and Europe's biggest nightclub.

For gorgeous heat and plenty of history, make room for Berlin on your itinerary. Berlin has not forgotten its history, and makes you aware of its past at every opportunity. The

to rest the awful era of post-war Germany.

Vienna is the perfect place for someone who likes museums and the classics; you can spend hours in the massive Museumsquartier. But if your mind starts going slightly numb, a great place for some playtime is the Prater amusement park,



Holocaust Memorial is a great place to start if you want to learn more about the history of World War Two. To further your knowledge, the Topography of Terror museum and the Brandenburg Gate are especially educational. Another must see is the East Side Gallery, part of the Berlin Wall, which exhibits artwork to lay

home to the Riesenrad ferris wheel, which will provide a superb view of the city. Alternatively, you could explore the zoo or the maze at Schloss Schönbrunn gardens.

Paris is the heart of romantic Europe. Imagine waking up to crêpes for breakfast, sold on every street corner, and starting the morning

with a boat cruise down the Seine. Then you can spend the afternoon wandering round the Louvre or visiting Notre Dame or the Arc de Triomphe, and eating macaroons. At sunset, the perfect place to go is up the Eiffel Tower, watching the beautiful city as the sun casts a red glow over it. Round your day off perfectly by heading over to the Sacré Coeur for street performers.

For the love of all things delicious, go to Brussels! Top on the list of things to try is definitely Delirium Tremens, the world's number one beer! Next, don't forget to try some Belgian chocolate and Belgian waffles! Once you have done that then you can aim to keep things balanced with a walk around the streets to admire the Art Nouveau architecture. Or, you could visit the EU Parliament for a spot of political education.

A great place to end your InterRail experience is Amsterdam. There's so much more to explore than 'coffee shops' and the Red Light District – although if you are feeling adventurous, these are a great place to start. Rent a bicycle and get into the flow of things with the locals, or go on a canal tour. The Anne Frank house would be a great place to take a look into the personal experience of one individual during World War Two.

Don't forget to have fun and take lots of photographs, so that you will never forget this once in a lifetime experience!

## Kick-start a healthy new you

Amy Coote

Okay, so another new year, new term and what seems like the majority of people vowing 'this year I'm going to get fit, eat healthily or lose weight'. It has almost become clichéd, including all the hints and tips you find scattered around the internet and in every magazine you pick up. However, it is true that for many of us, after the seemingly constant eating over Christmas and New Year, we may benefit from a new refreshing diet and outlook on life.

It's all about setting goals and being realistic. The general term 'healthy eating' may sound simple, but perhaps narrow this down to something specific. For example, you could cut down takeaways to once a month, or cut out crisps and chocolate throughout the week. Choosing your goals makes it easier to stick to as you know exactly what to aim for and what not to eat (or not to over eat in my case!). However, saying I want to lose a stone in a month will never work; you need to have small manageable chunks of time in order to achieve.

By being realistic you are actually

on the path to making your new year's resolution a permanent thing. If you make small and manageable changes to your diet and exercise routine then this becomes your NEW routine and you will wonder why you never took the stairs instead of the lift or got off the bus a stop earlier before. The new routine will enable you to feel better about yourself, and enjoy the physical health benefits that come with it. So, here are just a couple of tips to help you on your way to a 'happy and healthy new you'!

1. Swap the bar of chocolate sat next to you while you slave away at endless assignments for a bowl of fruit. Whatever your favourite fruit is, cut it up into small chunks and snack on that throughout the day. Less calorific, still sugary enough to curb your sweet tooth, and fruit will also provide you with more energy to work! Soon this will become a good habit, and indulging in tempting chocolate bars will become a thing of the past.
2. We all know how many times we vow we will go to the gym, yet running for an hour on a treadmill is not the only way to keep active. I've found swimming is a fantastic way to



de-stress amidst University life when filled with endless deadlines and exams. Taking a friend ensures the time goes much quicker as you natter up and down the pool, and this will soon become another regular weekly activity you can't live without.

Organisation is key in achieving something new, so if you can't decide what to have for tea, then make a plan! This enables you to think through what you're eating so you can then make some healthier swaps. Likewise, plan into your timetable when you can fit in an hour swim-

ming session or an hour at the gym, and again this will become second nature, just like your lectures.

Do it with friends! Trying to achieve a new, healthier you is often much easier with the support of your friends and housemates. Watching your housemates scoff their faces with Domino's pizza tends to be a killer (unless you have the will power of a god), so if you're all facing the same dilemma, you can help each other resist. Sometimes it makes you feel a lot guiltier for sneaking in a chocolate biscuit if you have to 'fess up to your friends too!



# Inner monologue of doing an all-nighter

Joanna Gresty

10:20pm. I'm going to need an energy drink. I'm not going to make it through tonight unless I have at least two energy drinks at my side. And some snacks. "What time's Sainsbury's open 'til!?!" I shout down to my housemates who are in the front room watching 'Take Me Out'. "Eleven!"

Plenty of time to get to the local and back to start my essay well before midnight. Get in.

I walk to the shop. Monster Energy cans are on sale at £1. Top banana. I grab myself two of those and a Bourneville chocolate bar. I leave the shop. I arrive back. The house has brought out the monopoly board. "Haven't you got an essay to write?" "It's literally almost done," I say as I pay rent to Pall Mall half an hour into a game.

The game ends. I didn't win. I never do. I stumble upstairs, sit on my bed. I take an IQ test. I sadly sink into my desk chair.

11:30pm comes round the corner and I've just opened Microsoft word. Time for a break.

11:40pm. Okay, focus. I down my first energy drink. I can do this.

"John Locke was a..."

No. Boring and high schoolish. I'm not writing a Wikipedia article.

"Since the dawn of time..."

Too flashy and cliché. Might be taken as facetiousness.

I finally decide upon a suitable opening sentence 20 minutes later and trundle on until my introduction is finished. Is it too long? Do I get penalized if this is the case? Can Stumbleupon help me out with these answers? Worth a try.

2am. Learnt a lot about marshmallows and Hong Kong in that last hour. Not so much about modern philosophy of the self. I've



# Foods that will lift your spirits



Laura Dempster  
Carolynne & Spine Editor

January is now in full swing, but who's been keeping to their resolutions of a happier, healthy new you? (Is that a tumbleweed I see roll past?). It's difficult to make healthy changes to your diet, but with a few so called 'superfoods' you can really notice a change in your mood that will leave you feeling more alert, perkier and glowing, whilst the perpetual grey skies of Lancaster loom overhead.

Due to the aforementioned grey skies, us students may find ourselves lacking in vitamin D. There is absolutely no way that we can get our daily intake from the sun like we would in other places or in other seasons. A lack of vitamin D can really affect your mood and cause lethargy, and you are particularly at risk as a vegetarian or milk allergy sufferer. Fortunately vitamin D occurs naturally in a few foods, including some fish, egg yolks and in fortified dairy and grain products such as cereals.

Oats are great to improve your overall sense of wellbeing. This is because they have a low glycaemic index (GI), as they slowly release energy into our bloodstream, rather than by a quick rush that soon dips. This helps to keep your blood sugar and mood stable. Why not try porridge for breakfast as a healthy start to the day?

The humble blackberry is filled with antioxidants, soluble fibre and folic acid. Low levels of folic acid have been linked to depression: increasing your intake of soluble fibre can prevent fatigue by up to ten percent. Grabbing a handful of

blackberries in the morning will really make a difference to your day, ensuring you feel more energetic and able to pay attention during those painful morning lectures. If you were feeling particularly healthy you could even go all out and add some blackberries

to your porridge tomorrow morning. For those who like to count calories, these little miracles are great news, coming in at just twelve calories per ounce.

Another alternative porridge topping is a sprinkling of almonds. Although relatively high in calories and quite expensive, almonds are a 'superfood' that cannot be ignored. Whether it's due to my mother waving bags of the things under my nose my entire life in order 'to get protein', or the recommendations of most nutritionists, almonds can really provide you with many health benefits. They are rich in vitamin



E, meaning that they are especially helpful for your hair and skin to create a glowing complexion, even during the winter months.

Despite Popeye's best efforts, spinach is often considered to be unappetising by most and avoided in the aisles of Sainsbury's. However when cooked or 'wilted' (don't let that put you off), in a chickpea and sweet potato curry, it is barely noticeable, yet provides a great source of vitamin B. Certain deficiencies in B vitamins have been linked to depression – serotonin production can actually be hindered by low B vitamin levels. Eating green leafy vegetables such as spinach or broccoli will help keep your levels up.

We all know that a big slab of chocolate will superficially improve your mood. But if you nibble on some dark chocolate (the higher percentage of cocoa the better), this can scientifically help to release anxiety, which is perfect if you are struggling with essay stress at the moment. A small square of dark chocolate can cause the brain to release endorphins and boost serotonin levels. You could try the 'Divine' range of dark chocolate which contains seventy percent cocoa and comes in flavours such as raspberry, ginger and orange.



# Lancaster alumni: *Where are they now?*

Lifestyle Editor Alice Young interviewed past Lancaster student Yasmin Jaunbocus on life post-graduation, working at Random House Publishers, and the inspiring things she has achieved so far.



Alice Young  
Lifestyle Editor

**Yasmin, you're currently working at Random House Publishing House in London- could you take me through a typical day in your working life?**

I'm currently on a scheme which allows me a lot of freedom. Initially, I completed four months in editorial, and now I've moved towards marketing. Next, I'll go to publicity, but I can decide where in particular I want to gain experience.

At the moment I have my own book campaigns that I'm in charge of as part of marketing. I'm working a lot on their cookery titles and some parenting titles, too. I have to implement marketing strategies to maximize the books saleability through various channels based on a certain budget. It can be challenging but it's a lot of fun- especially when you're really excited about the title!

**What do you love most about the publishing industry?**

Seeing a book go from being pitched at an acquisition meeting, through to becoming the finished product is certainly the best bit. I know it's a cop out to basically say 'the whole process', but it is genuinely what I love! Also, all the free books are a big plus- sometimes you get so many you can't carry them home! And getting to read the new books months before everyone else is pretty cool, too. Not to mention noticing the book in the shops and knowing you had some part in getting it on the shelf.

**What would you say are the disadvantages of working in publishing?**

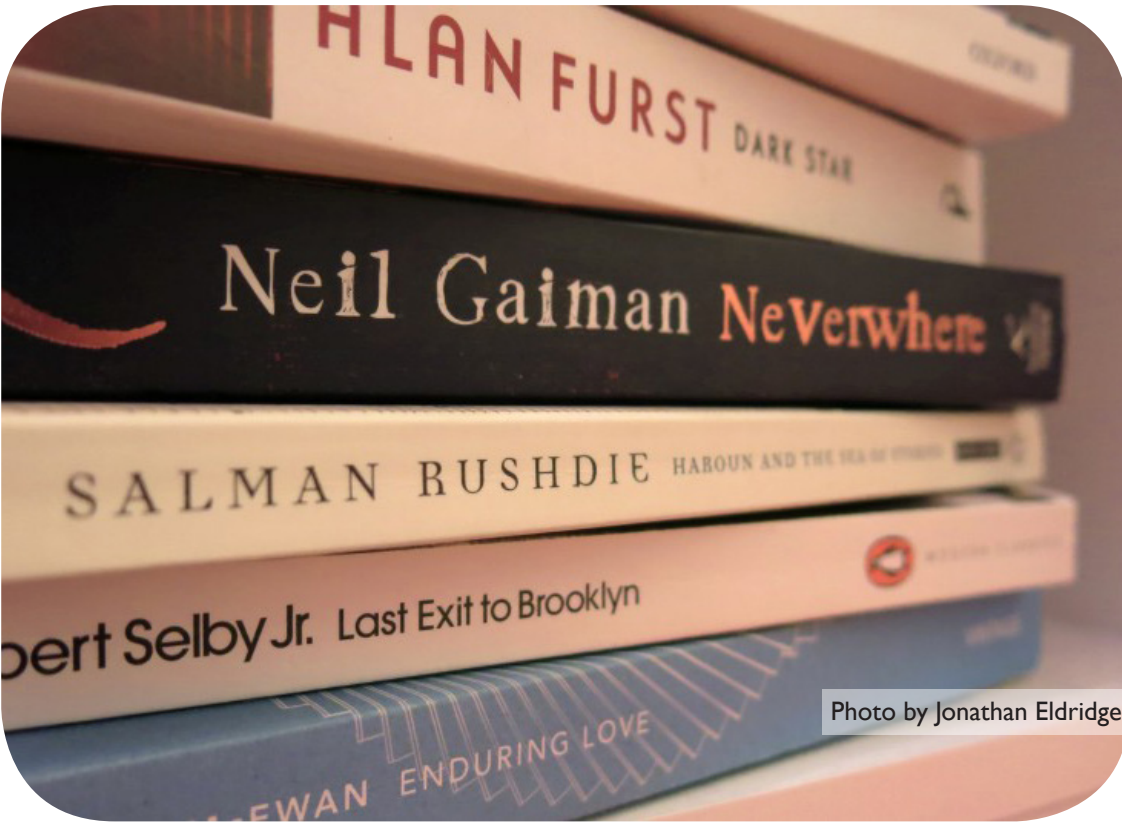
At the moment, the world of publishing is undergoing some really big changes. Be it eBooks, self-publishing, or the giant that is Amazon; they all influence the way the publishing industry works. Publishing is being described as a dying business. If there is no longer a need for a physical book, the need for a job that produces that book dissipates with it. That can be quite a scary concept to grasp.

Also, the pay isn't something that can afford you a glamorous lifestyle...

literary highbrow stuff, it's not going to impress.

**How would you describe your experience of living and working in London?**

For me, after Lancaster, the appeal of the big city and bright lights were comparable to a moth and a flame. Though Lancaster is charming and storybook like, I'm a city girl at heart. Here, there are a million stories going



**If you could give one piece of advice to students looking to go into the publishing industry, what would it be?**

Know who to contact! Many publishers have an option to apply for work experience. For example, Ebury Publishing have a Facebook page for work experience. Make sure on your CV you make clear when you're available to work. HR departments won't bother to contact you if they don't know for sure that you'll be able to come; it's a waste of their time. It goes without saying, but ensure there are no typos and errors on your CV and if they ask for a cover letter, know who and what they publish. If they publish commercial fiction and you've wittered on about

**job, you did a journalism internship in India. Please could you briefly describe this?**

I worked for The New Indian Express for their lifestyle section. I got to attend premieres, chat to influential people including politicians, diplomats and consuls, interview vintage car collectors, write food and restaurant reviews, and see exhibitions. In addition to reporting, I got to bring my own ideas to the table and pitch in at the meetings for the next issues. It was exciting to know my work had gone into the second most read Indian daily! Aside from the job, the partying, travelling and social aspect of India was amazing, too. I cannot wait to go back there someday.

**Would you recommend gaining experience abroad to boost a student's CV?**

I certainly would, nowadays, everyone has a degree. It's great to have something that can set you apart. It shows your versatility, ability to adapt, and awareness of globalization in today's world. It's also a lot of fun.

**What did you do whilst at Lancaster University to get started on this career path?**

I always knew I wanted to work in the creative media industry. I did a lot of work experience and internships at newspapers and magazines every holiday. I wrote creatively all the time, including pieces in this very newspaper. I had a blog, entered writing competitions, and tried to engage with current affairs as actively as possible. It's what influences and drives the creative entertainment industry so it's important to keep on top of what's going on.

It's hard to get work experience in this field but persistence pays off. Don't be afraid to use connections and be cheeky, but impress whilst you're there or else it's pointless. Once you have one work experience, utilize that position to network and secure more work.

**Before landing your dream**





LOVE

I love Valentine’s Day. After Christmas, it’s probably my favourite holiday of the year. Hopeless romantic that I am, any excuse to indulge in excess chocolate and soppy films (Pride and Prejudice, anyone?) makes me happy. But honestly- it’s a holiday dedicated to the celebration of one of the most integral things to

Kelly Bradshaw and Anna Meng debate the positives and

human existence: love. And what better, more worthwhile thing can there be to celebrate than love? Love is life, love makes the world go round and to use the words of the Beatles: ‘all you need is love.’

Yes, Valentine’s Day has lately become the mindless Hallmark Holiday whose empty commercialism bitter single women and harassed boyfriends all over the world use as an excuse to hate it. But when it gets right down to it, that’s not what the holiday is about. If we go back to the beginning, Valentine’s Day has its roots in a celebration of the martyred Saint Valentine.

Persecuted for being a Christian, legend has it that whilst imprisoned,

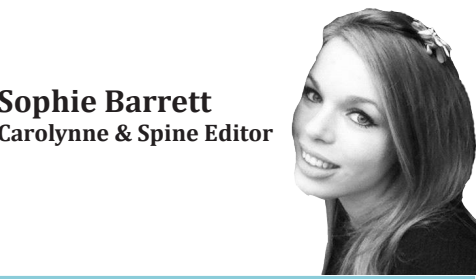
he healed Julia, the blind daughter of his jailor. On the night before his execution, he wrote her a letter to say goodbye. And thus it came to be that the first Valentine’s card (or, in this case, parchment) came into existence- by one man and a simple act of kindness. It wasn’t until recently that Valentine’s Day became associated with romantic love.

So you’re single. And Valentine’s Day, to you, is the perfect reminder of just how single you really are. But why should it be? There is undoubtedly some form of love in your life- and though it may not involve the man or woman of your dreams, it’s still a wonderful, meaningful thing that deserves recognition. And Valentine’s Day is the perfect time to celebrate it.

Or perhaps you’re in a relationship. Yes, I think you should celebrate your love every day. But think of Valentine’s Day like your Birthday- just because there’s one day of the year we celebrate your existence doesn’t mean we don’t care on all of the others. And Birthdays, much like Valentine’s Day, are the best.

So just this once, look at and love Valentine’s Day the way I do. Stop it with the dread of buying expensive roses; get rid of that sense of obligation. Embrace the holiday of love for the wonderful thing it is and spread that joy around. Be thankful for your loved ones or buy yourself some of those delicious chocolate hearts and ultimately, be happy: it’s Valentine’s Day.

Awkward encounters of the *ex* kind



In The Supermarket

You pop downstairs to the corner shop, and, because you’re a student, you have your hair scraped back into a bed-head version of a Vicki Pollard monstrosity, no make-up on, and pyjamas with a crispy fried beef Chinese stain on one leg. In your shopping basket you have basics vodka and milk. I apologise profusely if you happen to visit the supermarket in sickeningly perfect Desperate Housewives attire, please humour me. As you reach down for the pizza in the reduced section (because who can afford chicken), you hear a polite cough, and, as you turn at the speed of an exhausted zombie on its last legs (with a slight accompanying groan), you see your ex. Cue an inner stream of consciousness which rivals Virginia Woolf; Oh [explicative]...why the hell didn’t I wash my hair...when did I last wash my hair? I should really prepare myself for these situations...I should probably sort my life out in general...grad jobs... Oh god, I haven’t actually spoken... Say something...say something... (Ross Geller inner voice)...this is the

longest that anyone has never said anything ever...just say something... anything is better than this silence... damn him for looking so good right now...what is my life...I still haven’t said anything...he’s checking out my basket...oh crap, I look like I rival Bridget Jones’ alcoholism...he’s going to think I drink vodka tea... note to self, never admit to anyone that I drink vodka tea...I still haven’t bloody said anything...

On Campus

You pulled an all-nighter in the library last night. You have key-board imprints on your cheeks from when you dramatically FML-ed onto your laptop and you’re pretty sure you have an orange juice stain down your front, although you cannot be sure because the library toilets were blurry after staring at the screen for 18 hours. The world is moving very slowly, you feel that you are literally crawling down the spine...perhaps you are crawling because perhaps this is a dream. You feel drunk, but you aren’t drunk. You are sleep deprived and you have spent so much time attempting to be academic that your brain is hyperactively considering conspiracy theories, and whether your entire life is a dream, and maybe you need to wake up, and is there an afterlife, and did you just hand your essay in? You cannot remember.

Oh God, is that my ex? He is walking down the spine. He is walking the opposite way that I am walking. I think this means that eye-contact is approximately 89% likely. Oh, I think

this means I need to prepare my eye-contact face. Right. Options. Let’s test them out. Okay so there’s the ‘hey-I-have-absolutely-no-problem-with-the-fact-that-I-am-making-eye-contact-with-you-in-fact-I-am-a-very-cool-person-don’t-you-know’ kind of face and shrug and half-wave combo. Like a meal-deal, but for body language. Oh or perhaps a more appropriate response is ‘I-hate-you-don’t-look-at-me-oh-you’re-going-down’ fatal attraction potentially psychotic face.

Perhaps not. Oh God. I have just pulled both of those faces, and now he is behind me. I am pretty sure that I just had that facial interchange. I am almost certain that I just smiled at him and then gave him a death stare to challenge Regina George’s. He thinks I am a psycho, I’m not even a psycho, I was trying not to be a psycho, and now I look like a psycho. I need to go home and watch Miranda to make me feel better about my life...or maybe Jeremy Kyle.

In the Club

Okay so you look

hot, or rather, a hot mess. It’s been a few hours so the booze has magically made your makeup smudge a little bit. But, you are laughing, you are surrounded by friends, and you look fun. This is by far the most ideal time to bump into an ex, though beware of the alcohol-fuelled temptation to do or say anything entirely regrettable. Try not to make eye contact, just dance like you’ve never danced before.



Photo by Joshua Dickinson

Love or Hate?

negatives of a day set aside purely to celebrate romance.

HATE

So I’m well aware of the fact that many couples out there are probably already planning their Valentine’s Day. Maybe even you are, as you sit back listening to my rant whilst thinking, “I bet she’s single”. However, surprisingly enough, I’m not. In fact I’ve been with my boyfriend for three and a half years, and have had my fair share of soppy Valentine’s Day cards, as well as cute gifts such as romantic comedy films, chocolate, and a large bouquet of flowers.

Don’t get me wrong, when my boyfriend and I exchanged these gifts during our first Valentine’s

Day together, I thought it was great, but at the time, I didn’t really think about just how commercial the occasion really is. A vast quantity of you will probably not want to think about this, but in reality, Valentine’s Day cards and gifts are produced not to make consumers happy, but merely in order to achieve a hefty profit. (Marx would be proud of this observation). As a consumer society, we are so easily persuaded to buy a huge amount of commodities.

While I can’t deny that I enjoy picking out the perfect birthday or Christmas card, as well as the ideal presents for my loved ones, when it comes to Valentine’s Day, I merely pick a card out of routine, and I certainly don’t participate in buying

gifts anymore, (unless it’s alcohol related, in which case I will make an exception). My boyfriend respects this, since like myself, he too believes that Valentine’s Day has no real value attached to it. (This is not to say that I wouldn’t appreciate him buying a gift for me!)

I find it sweet that couples exchange gifts and go out for meals on this occasion, but I just don’t see the point in making a big deal of it. The following question is something which I have debated for ages, and is something which I can’t get my head around: why put more effort in to your relationship on this one



particular day, when you should be putting in the effort every day? I appreciate the kind gestures, but why feel that a card is necessarily to reaffirm your love for your other half? In most cases, your other half already knows how you feel about them.

scan recipes

Skye King

Spaghetti Smooch

This hearty Italian dish is quick and easy to cook, leaving you more free time to spend with your amore \*wink wink\*. (Vegetarian alternative available)

Ingredients:

160 grams spaghetti

For the meatballs

2 tablespoons of olive oil  
1 onion diced  
1 crushed garlic clove  
400 grams of minced beef (vegetarian substitute: Quorn meatballs)  
1 egg beaten  
flat-leaf parsley finely chopped  
salt and ground pepper  
3 tablespoons of olive oil

For the sauce

2 tablespoons of olive oil  
1 onion sliced  
1 crushed garlic clove  
salt and ground pepper  
400 grams canned tomatoes

Optional

grated Parmesan cheese  
chopped flat-leaf parsley

Method:

1. Heat two tablespoons of olive oil in a saucepan over a low heat and add the finely chopped onions and crushed garlic. Cover and sweat for 4 minutes until it is soft and slightly

golden. Let it cool.  
2. In a mixing bowl, add the minced beef with the sweated onion and garlic. Add the egg and chopped parsley and season the mixture with a pinch of salt and pepper.  
3. Divide the mixture into equal-sized balls. Cover the meatballs and refrigerate until required.  
4. Heat 2 tablespoons of olive oil in a saucepan.  
5. Add the crushed garlic and sliced onion, toss until coated, cover and sweat on a low heat till it is soft and a light golden colour.  
6. Slice the canned tomatoes and add (with the juice) to the onion mixture.  
7. Season with salt and pepper.  
8. Cook the tomatoes for roughly 30 minutes or till the tomato softens (while this cooks prepare the meatballs).  
9. Heat a frying pan and cook the meatballs for 10 minutes in 3 tablespoons of olive oil.  
10. Meanwhile boil 4 pints of water in a large cooking pot with 1 tablespoon of salt. Add the spaghetti once the water is to a rolling boil.  
11. Drain the spaghetti in a colander.  
12. Spoon the sauce and meatballs over the spaghetti.  
13. Serve with grated Parmesan cheese and some chopped parsley to garnish if desired.  
14. Enjoy your spaghetti and smooch, à la Lady and the Tramp.



Photo by Skye King

Lovely Linzers

For those that have a sweet tooth, this delicious jam-filled, heart-shaped biscuit will hit the spot. (Suitable for vegans)

Ingredients:

350 grams plain flour  
1 teaspoon bicarbonate of soda  
a pinch of salt  
140 grams dairy-free margarine  
100 grams brown sugar  
3 tablespoons golden syrup  
1 tablespoon vanilla extract  
seedless raspberry or strawberry jam (or any other flavour you like)

Optional

secret ingredient (highly recommended – it makes the biscuits 10x yummierr)

Method:

1. Preheat oven to 180 °C and grease 2 sheets of baking paper.  
2. Mix the flour, bicarbonate of soda and salt together in a mixing bowl.  
3. In another bowl, cream the margarine, sugar, golden syrup and vanilla.  
4. Gently add the flour mixture into the margarine mixture, stirring with

either hands or a spoon, until it comes together as dough.  
5. Wrap the dough in cling-film and put it in the fridge for a minimum of 30 minutes to chill.  
6. Roll the dough onto a lightly floured surface until it is about 3mm thick.  
7. Use a heart shaped cookie cutter to cut out as many shapes as possible.  
. For half the biscuits use a smaller cookie cutter or a very sharp knife to cut-out-holes for the jam to peek through the biscuits.  
9. Bake the biscuits for 8 – 12 minutes. They should be cooked through but not brown.  
10. Remove the biscuits from then oven and cool for 10 minutes.  
11. Once the biscuits have cooled, spread the whole biscuits with a generous amount of jam. Place the biscuits with the cut-out-hole on top, allowing some jam to peek through.  
12. Sprinkle the biscuits with the special ingredient.

(Psst it’s the love from the deep abyss of your heart).



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A LUSUer (Student) residing in President is that the £4,400 monthly £144 study.  
Candidates should be able to own public charge for the university, and will be expected to (that the University) and be overall responsible for the safety of the Union.

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# Comment

Comment Editors: Julia Molloy & Sam Smallridge ✉ [scan.comment@lusu.co.uk](mailto:scan.comment@lusu.co.uk)

## Is LUSU's stance on the Immigration Bill and what it will entail misinformed?

John Aspinwall

Thursday Week 2 saw LUSU President, Joel Pullan, and the government's immigration minister, Mike Harper, discuss the Coalition's 2014 Immigration Bill that seeks to force international students to pay a contributory tax towards their healthcare. Pullan, furnished with a mandate for a strong anti-government rhetoric, had been given the opportunity to engage in constructive debate regarding a bill with underlying flaws. Instead, he was a rabbit in the headlights, confused and dangerously ill-informed.

Published on the LUSU website, the edifice of Pullan's argument rests upon the thesis that, as "the NHS has never been a contribution based system" and given that the NHS is "free for everybody to use," government attempts to extract contributions from international students is discriminatory.

It must be established that claiming "the NHS has never been a contribution based system" is wholly inaccurate. On the contrary, the 1942 Beveridge Report enshrined contribution at the heart of the planned post-war settlement. Beveridge insisted that "under the scheme of social insurance... every citizen of working age will contribute... Benefit in return for contributions, rather than free allowance from the state, is what the people of Britain want." The assertion that "it is free for everybody to use" is misinformed. It is the majority's National Insurance contribution that ensures the NHS is "free at the point of delivery." National Insurance, so named, because of the contributory factor.

However, Pullan's insistence

that the NHS is not a contributory system creates a paradoxical position. In asking Harper "how he could justify placing fees upon... student[s] that bring more value to the UK economy than the costs associated with their use of the NHS," Pullan is inferring international students contribute indirectly. This is reinforced when Pullan notes that, as 78% of international students work or plan to work part-time, "they would be making National Insurance contributions and some will also be paying tax." Pullan here upholds and legitimises the government's position that international students should directly contribute.

His misinformed interpretation of facts further undermines the economic basis of his argument.

The 2013 Finance Bill determined that National Insurance contribution was dependent upon weekly earnings of over £149. Here, the 2011 "Immigration: Tier 4 student visa reform" established that an international student may work up to twenty hours a week earning, from October 1st 2013, at least £5.03 an hour (for 18-20 year olds) or £6.31 (for the over 20s.) Given that average UK weekly student wages total £112.20, for an international student to enter the National Insurance bracket they must earn £7.46 an hour, in defiance of a national student average of £5.61. Whilst it is inconceivable that some international students do not earn £7.46 the national average certainly demands that this cohort comprise a sizeable



Photo by Rachel May Quin

minority of the 488,240 international students. The assertion that "some will also be paying tax" is questionable. The 2013 Finance Bill set the pre-income tax threshold at £9440. Given the limitations of a 20-hour week on international students, income-tax is dependent on international students earning £9.05 an hour over the course of the year. Whilst this is not implausible, these international students stand apart from the majority, evidence thus suggesting the majority of international students may avoid the apparatuses of direct contribution.

Indeed, Pullan further expounds his confused doctrine of contribution when he notes the Royal College of General Practitioners voiced concerns regarding the estimated £500 million required to meet the costs – Pullan advocating a view of the Bill based on a practical-cost base analysis.

However, Pullan's case rests upon the £500 million implementation figure. The beginning of the RCGP's 2013 Home Office Consultation Paper did indeed object to the fact the 2014 Immigration Bill had the potential to be financially unviable. However, if Pullan had continued to read the report he would have noted this cost, and therefore the objection, was solely dependent upon the government's legislation alienating patients by treating GPs as pseudo-border guards. Instead, in terms of international students' contributions, the RCGP stated that "we support the principle that all temporary... migrants should make a fair contribution to the costs of their healthcare if a cost-effective, fair system could be found." If the government can circumnavigate the RCGP's concerns, which the Bill's second reading appeared to suggest, Pullan's economic

argument is dismantled. His position again forces him to concede to the legitimacy of the government's proposals. Thus, instead of arguing against contribution, Pullan legitimised contribution in the hope of constructing a worthwhile economic argument. However, erroneous evidence leaves Pullan's case untenable; his well-grounded concern that government rhetoric might leave the UK a less-attractive international student destination is obscured by a knee-jerk argument that sought to appeal to the populist position he so loudly decried. His leadership of the debate stands as a shattered visage precisely because it was he who shattered it, Mr. Harper gleefully providing him the tools.

For the Bill's opponents a well-considered debate must be constructed outside the confines of contribution – an argument it will find increasingly difficult to win.



# Do you want your data to be sold off?

**Daniel Snape**  
**Deputy Comment Editor**

This month, every man, woman, and child on the NHS should receive a leaflet about radical changes to doctor–patient confidentiality. Considering how few students regularly check their pigeon holes, the junk mail pamphlet isn’t likely to get much notice on campus. This would be a catastrophe.

NHS England is trying to advise people about a new database being created for the Health and Social Care Information Centre (HSCIC) by technology corporation Atos. The HSCIC was established in 2012 with powers to mine personal data from surgeries, hospitals, and clinics. The database, misleadingly named ‘care.data’, is intended to join up these records and use the resulting medical histories “to drive economic growth”. Before the economy can grow, however, the HSCIC must

hand your data over to private companies.

The sick and dying talk to their GPs because they believe they are talking in confidence. Now they can’t be so sure. Any notes your practitioner has made, including your weight, family history, smoking habits, drinking habits, mental health, NHS number, and much more, are being uploaded in March. Unlike the Summary Care Record, this new database is not going to be used for your treatment. The leaflet clearly states that being uploaded has absolutely no bearing on the medical care you receive. This is because hospitals and trusts are not priority ‘customers’ for the HSCIC. Doctors, nurses, pharmacists, and any other clinician you may encounter are not authorised to use the dataset.

To make the program more palatable, HSCIC has offered some information to universities and health foundations. Using something like ‘care.data’ in research is

an admirable idea. National health records were used to uncover the dangers of smoking in the 1950s and to disprove the fear that MMR jabs cause autism in the late 1970s. However, a complicated pricing structure means that, the juicier the data, the higher the charge. Medical students and charity workers won’t have the money to create such positive change with the information they receive.

Groups that can afford and may be interested in this data are insurance companies, pharmaceutical manufacturers and government think–tanks. One corporation that makes money by analysing people’s medical records, Bupa, has already received “sensitive” information privileges. What is worse is that the independent statutory body responsible for NHS data handling practices was abolished and the HSCIC does not routinely check how these companies are going to use your records.

The real cause for concern is that NHS England hasn’t made

any promises that you can’t be identified from this data. This is why they are advising people: “if you do not want information that identifies you to be shared outside your GP practice, please ask the practice to make a note of this in your medical record”. Even anonymised information is risky. Data–matching has become an enormous industry. If somebody wants to find your medical record and, say, your DNA sequence isn’t precise enough, then your age and postcode should do nicely. Anything they aren’t given can be pieced together. Although abortions and STDs aren’t being included in the March upload, a patient’s prescriptions would be a dead giveaway.

Medical record leaks could become the new phone–hacking. Not only journalists, but also insurers, employers, and fraudsters could find these confidential details very useful. Are you going to be consulted before the upload?

No. Health Secretary Jeremy Hunt reneged on a promise he

made last April and enabled the HSCIC to gather identifiable data without your consent. The leaflet being circulated has no opt–out form and does not even mention ‘care.data’.

Two GPs have apparently broken the law by automatically opting their patients out of care.data so nobody can do this for you. If you don’t want your file on the database, you must act now. Post or e–mail an opt–out form to your GP asking for read codes 9Nu0 (which prevents HSCIC from taking your GP records) and 9Nu4 (which bars HSCIC from giving away any other identifiable data) to be put on your medical record. You do not have to give any reasons for your decision. Once the upload is complete, opting out won’t get them deleted. You can always opt back in at any time later on, though heaven knows why you would.

For a complete form template, visit:

[www.medconfidential.org](http://www.medconfidential.org).



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# HEAD TO HEAD: Should the Mark Duggan case be a matter of race?

**YES: Sam Smallridge**

In the aftermath of Nelson Mandela’s memorial service, when many attendees took the opportunity of a rare public appearance from President Jacob Zuma to boo the unpopular leader, many people were highly critical of those who had chosen Mandela’s memorial service to voice their unsatisfied opinions. However, one commentator, Eusebius McKeizer, made an important point. He said: “what’s too easy to do is say it’s bad decorum at a memorial service... what’s harder to do is to ask yourself why.” It was an important line which rings true in many cases, highlighting that merely deriding people, who have done something you disapprove of, is detrimental. Instead, we should make an effort to comprehend what is going through people’s heads when they act in ways which may seem irrational.

This principle can especially be applied to the recent case of Mark Duggan. Spectator editor Fraser Nelson was sceptical of claims of racism saying that: “gangsterism, not racism, was the root of Mark Duggan’s shooting.” Nelson is not alone in this dismissive attitude to calls of racism from people. It is quite easy for a white middle class magazine editor to deride those who have cried racism in the wake of Duggan’s shooting. It fails to understand the profound anger which many people in ethnic minority communities still feel as a result of a legacy of police racism and corruption.

For many, the story of an unarmed black man being shot dead by the police is all too familiar. Polling recently revealed that only half of the British public actually trust the police. This shows the toll that police scandals – such as plebgate, Hillsborough, and the death of Ian Tomlinson – have had on the police’s reputation. When you consider the abhorrence of these crimes and the profound effect it has had on communities across Britain, it’s no surprise that people may cry racism when something rather suspicious happens as in the Duggan case. In the 1999 Macpherson Report, described as “one of the most important moments in the modern history of criminal justice,” it was found that the Metropolitan Police Service was “institutionally racist.” The findings of the report were damning and merely confirmed what many people in ethnic minority communities already knew.

The series of smearing stories about Mark Duggan which emanated from right–wing media outlets had an echo of the case of Stephen Lawrence, where it was recently revealed that undercover policemen were encouraged to dig up dirt on Lawrence and his family in order to discredit those who were campaigning for justice for their son

who had been murdered because of his race.

Allegations of racism are too an indictment of the Independent Police Complaints Commission which proved toothless when it came to police reports immediately after Duggan’s death. It may be hard to remember, but initial reports claimed the police fired at Duggan after he had first fired at them – conveniently missing the fact he had thrown away his gun and failed to fire a bullet.

**When you consider that 42% of IPCC staff and 88% of senior investigators are ex–police, then the idea of corrupted collusion does not seem so far–fetched.**

The IPCC’s first report into the shooting of Mark Duggan even led Stafford Scott, an anti–racism campaigner, to sever his ties with the Met, claiming the investigation was “tainted.”

While much has been done to repair the relationship it can be no surprise when people still hold grudges for the horrific treatment they once suffered at the hands of authority figures who are meant to be protecting them. One way to further mend the relationship could be eliminating the blatant racial profiling prevalent in humiliating “stop and searches”, which means that in some areas black and Asian people are 29 times more likely to be stopped and searched by the police than white people. It will take time to heal the rift between the police and these communities. So when some people may allege racism, we would be better to understand the context in which the comments were made rather than rebuke those whose anger is rooted in decades of historical mistreatment.

**NO: Eleanor Newton**

When the investigation into Mark Duggan’s death in 2011 came to its conclusion three weeks ago, the courtroom erupted with outrage. One man shouted “a black life ain’t worth nothing.” Whilst the shooting rightfully sparked questions over the reliability of police intelligence and of the hard–stop tactic, I think Duggan’s death has been wrongly attributed to racism.

In the days and weeks that followed, there was a looming possibility of a repeat of the 2011 Tottenham riots, which were sparked by the original incident. At the time of writing, these fears haven’t come to fruition, something no doubt facilitated by the Duggan family’s calls for calm and appeals to fight through the courts rather than the streets of London. Following the judgement that the shooting of Duggan by armed police was lawful, several prominent members of the local and wider community were quick to rehash cries of institutional racism within the police. In the evening following the ruling, described by the Duggan lawyer Marcia Willis Stewart as “perverse”, comparisons were made to the cases of Stephen Lawrence and Trayvon Martin. Racial tensions have once again been raised, but what strikes me more than the police shooting a black man in London is the emphasis placed upon his skin colour both within the community and the media coverage of the case.

The fact that a man’s skin colour is the first thing seized upon or is such a prominent talking point within this case seems to me a much more dangerous sign of our obsession with race. It appears many of us have been so blinded by previous cases of racism and our determination to avoid being deemed discriminatory ourselves that we are unable to consider a man from an ethnic minority without emphasising or referencing his race. A

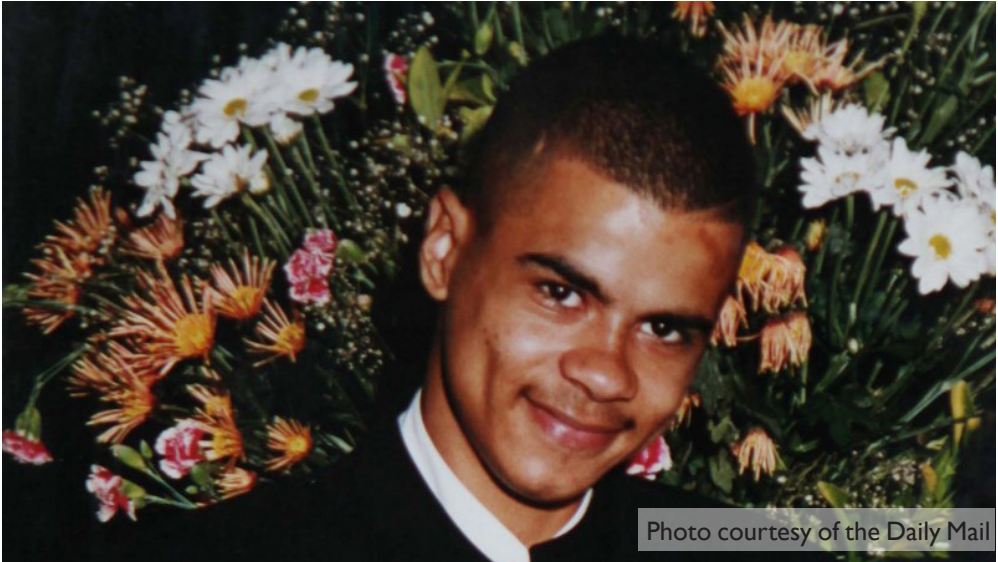
black man is still first and foremost characterised in this way by his colour rather than his character and his deeds. In this way racists and anti–racists alike perpetuate racial tensions and subsequently inhibit integration within communities. Had the case borne similarities to others clearly involving racism, this would be a different story. Those who have drawn comparisons to Stephen Lawrence or Trayvon Martin are not only misinformed; the comparisons are unfair on the families of those victims who were innocent and genuine victims of racist attacks and of racial profiling.

I do not mean to imply that a criminal deserves to be shot. Indeed, despite the shooting being branded an execution in recent weeks, I am positive the verdict is being misconstrued as condoning the use of bullets as a form of retributive justice. The importance of Duggan’s suspected involvement in the Tottenham Man Dem gang, his previous arrests, and the knowledge that he possessed a firearm does not excuse or condone a genuine execution. However, it does serve to dispute claims that Duggan was merely a victim of racial profiling.

**The man was not shot because a policeman woke up and decided to “shoot a black man.”**

Nor was he shot because a policeman saw a black man and assumed this meant he was armed and dangerous or a criminal. He was shot because the officer believed Duggan was in possession of a firearm during the encounter and subsequently posed a substantial threat to his and others’ safety.

Cries of racism in this case are incendiary and block progress alongside clouding the real issues that cause such tragedies: areas filled with a young population growing up with poverty, a lack of opportunities, and subsequently higher rates of crime and gang membership, and how to tackle these peacefully and without further violence. This case has already lead to procedural changes within the armed response unit. New plans have been made to introduce video cameras for firearms officers in an attempt to improve transparency within the force. Let’s hope that the incident does not lead as expected to worsened relations between the police and the black community. Instead, it should serve as a way of reforming police tactics and fuelling efforts to eradicate gun crime and the social conditions that provoke it.



# The big bad wolf of Wall Street?

**Alasdair Bruce**

The Wolf of Wall Street has just been released in cinemas and has already polarised opinion. For those unaware, the film is based on the true story of Jordan Belfort, a man who sets up his own stockbrokers company and over a few years makes obscene amounts of money illegally. Through the money he makes we see Belfort and his colleagues embark on a life of drugs, sex and alcohol as they spend their money in excessively lavish ways. Some say it is glorifying a life of crime and hedonism and ignoring the victims of said crimes whilst others argue that it is simply depicting the truth.

The film has actually been banned in countries such as Nepal and Malaysia due to its depictions of greed and immoral behaviour, however British critics hailed it as the best Martin Scorsese film in 20 years. The film follows a trend of Scorsese films where

some of the main characters are criminals, Goodfellas, Casino and The Departed to name a few. Yet the audience is still expected to root for these law breakers and want them to succeed. These films usually portray the criminals as being rich, powerful and successful, though most of them ultimately pay for their crimes.

The Wolf of Wall Street is no different, though the film has drawn criticism because it makes the lives of Jordan Belfort and his fellow fraudsters far more attractive than that of any law–abiding citizen. I will not be writing any spoilers for those who have not seen the film, but from the trailer alone we see extravagant parties being held in offices, monkeys wandering around in clothes and a glimpse of a bizarre scene involving Jonah Hill and a goldfish. I personally found the film to be incredibly funny and this immoral lifestyle was shown to be rather enjoyable, however I’m yet to plan how

to embark on a life of crime.

Some critics have argued this point, saying that the film glamorizes this lifestyle so much with a lack of an impactful ‘comeuppance’ to show that Belfort’s crimes were ultimately worth it. It’s true to an extent, though again, this is not the focus of the film. The film’s focus throughout its entire three hour running time is Belfort’s time as the ‘Wolf’. Barring a relatively short introduction to stock brokering as a whole, the vast majority of the time is spent with Belfort as head of his company and how he chooses to spend his wealth. The film does not pretend to be a film about punishment for crimes, neither the trailers nor the book itself particularly focus on that aspect of Belfort’s life. The reason for that is clear, it is far more entertaining as a viewer to see Belfort’s extravagant spending and lifestyle because it is far removed from ordinary lives. The film shows what it would be like to have so much money that you end up taping



it to semi–naked women. And it didn’t really look all that pretty. The film shows a whole new aspect to life that people do not get to see and therefore should be viewed as extreme escapism, rather than an advert for a life of illegal stock manipulation.

Interestingly, there are some who even say parts of the film are fabricated. Danny Porush, the man whom Jonah Hill’s character is based on, has said that many parts of the film were in fact fabricated and that Belfort’s book, the film’s basis, is far more over the top than the reality. If this is true

then this gives a better view to understand the film. It should of course not be forgotten that films are made to entertain and this film achieves that by showing the viewer almost unbelievably extravagant parties and scenarios in order to make us laugh or simply amaze us.

It would perhaps be best if every viewer took the events in ‘The Wolf of Wall Street’ with a pinch of salt, rather than viewing it as a completely faithful re–telling of events, it should be seen as an over the top account of what really happened.



# Answers from Alexandra Square

## Do you think drunkenness is a problem on campus?

I don't think it's a major issue. Not many people get that drunk.  
- **Emily Braithwaite, 2nd year: Languages**

I don't think many people get that drunk. If they do then it becomes a welfare issue. It's a vague term 'drunk' and it's difficult to measure what is an inappropriate level of drunkenness on campus.  
- **Rebecca Turley, 2nd year: Languages**

I don't understand how people can measure drunkenness. I don't know how imposing fines could stick, as it would surely cause trouble with parents at home as well.  
- **Germaine Tuck, 2nd year: Religious Studies**

People rarely drink that much. I don't think imposing fines would work.  
- **Gabby Jones, 2nd year: Religious Studies**

No, I've never seen people drunk on campus and I never feel threatened by anyone. I understand why Lonsdale is cracking down on extreme behaviour, but fines are harsh.  
- **Rachel Illingworth, 2nd year: Religious Studies**

I think that students are normally quite sensible when it comes to drinking but there's obvious exceptions to that. It encourages people to do it out of town and I'm not sure that's a good thing.  
- **Lisa Roberts, 2nd year: Business Studies**

No, and if anything it's good that people are getting drunk on campus because it's a safe environment for them to do so.  
- **Nick Walpole, 1st year: Biomedical Science**

Not them I'm aware of. Drunkenness can get dangerous but I've not seen this on campus.  
- **Nathan Limbach, 3rd year: Physics**

No; I think individual cases are having a great impact on people's perceptions when it comes to that sort of thing.  
- **Evan Watkins, 2nd year: Euro BBA**



## Would you agree to having your medical records sold off to private companies?

Definitely not. I think it's a breach of personal privacy. It should be more widely publicised and it should be an opt-in system.  
- **Emily Braithwaite, 2nd year: Languages**

I didn't know about this. You should be able to share your own medical records at your own discretion. Medical records could also send mixed messages to private companies about a person's real wellbeing on a day-to-day basis.  
- **Rebecca Turley, 2nd year: Languages**

It's a difficult issue. It sounds seedy that your records could be sold to private companies.  
- **Germaine Tuck, 2nd year: Religious Studies**

No, it's definitely not been publicised enough. I'm worried now! It's a breach of privacy.  
- **Rachel Illingworth, 2nd year: Religious Studies**

I think it should be more publicised because then more people will opt-out, it doesn't seem to really make sense.  
- **Lisa Roberts, 2nd year: Business Studies**

I can't say I'm really bothered, I don't see how it will affect me.  
- **Nick Walpole, 1st year: Biomedical Science**

I'm not a fan of it at all. The only aim I can see is to make money.  
- **Nathan Limbach, 3rd year: Physics**

I don't really care, I don't feel like I've got anything to hide.  
- **Moritz Watkins, 2nd year: Euro BBA**

No I don't like it, it's a lot of important information and I don't think it should be sold off.  
- **Evan Watkins, 2nd year: Euro BBA**

## Thank you!

We just want to say a big thank you to everyone who kindly let us disturb their lunch/fag break/personal reflection time. We are very grateful for your openness and articulacy.



## How do you feel about the UCU walkouts?

It hasn't really affected me as my tutors aren't on strike, but I think walkouts are less disruptive than a full-day strike as students may only have one lecture affected rather than several.  
- **Emily Braithwaite, 2nd year: Languages**

It hasn't affected me, but lecturers have the right to strike. It must be frustrating given the amount of money we're paying though. We have a right to be taught too.  
- **Rebecca Turley, 2nd year: Languages**

I'm sick of it. It's happened far too often. We're paying £9000 to not have lectures!  
- **Germaine Tuck, 2nd year: Religious Studies**

I appreciate the cause, but it has become a bit ridiculous. It would be nice if we were warned beforehand. I've just come from a seminar that was cancelled with very late notice.  
- **Gabby Jones, 2nd year: Religious Studies**

I understand the cause, but I don't think it's right that it affects us. It can be an absolute pisstake when my lectures are disrupted. My seminar was cancelled today, and I'm not going to have another one for that module for a fortnight.  
- **Rachel Illingworth, 2nd year: Religious Studies**

I think they deserve what they are asking for. They offer a unique service and from my experience it's a very good one.  
- **Lisa Roberts, 2nd year: Business Studies**

I didn't know anything was happening.  
- **Nathan Limbach, 3rd year: Physics**

I'm not really informed on any of this.  
- **Moritz Watkins, 2nd year: Euro BBA**

## What do you think about the bus services to and from campus?

They're OK, but often very overcrowded, especially in the morning and the evening. For me it's not too bad as I live in town, but I know people who live on the 2/2A bus route who find it difficult when buses aren't on time.  
- **Emily Braithwaite, 2nd year: Languages**

I think the service is good compared to where I'm from, but they are overcrowded.  
- **Rebecca Turley, 2nd year: Languages**

It's great. They're regular and the bus drivers are friendly.  
- **Germaine Tuck, 2nd year: Religious Studies**

It's not too much of an issue for me. I've never had to wait very long for a bus, but the 2/2A route can be difficult. I think the co-operation of students is necessary too sometimes; people need to move down the bus or remove bags from seats when it's busy, as overcrowding can be an issue. The overcrowding is far worse this year than last year.  
- **Rachel Illingworth, 2nd year: Religious Studies**

I think it's really good, can't think of many ways to improve it.  
- **Lisa Roberts, 2nd year: Business Studies**

Yeah pretty good, although the 2A annoys me with it's long-winded journey but I suppose those in Bowerham appreciate it.  
- **Nick Walpole, 1st year: Biomedical Science**

Quite good but I also think it's very expensive for what you're getting. I cycle so as to avoid the cost.  
- **Nathan Limbach, 3rd year: Physics**

It's good, regular and fast and that's what you need really.  
- **Moritz Watkins, 2nd year: Euro BBA**

Sometimes it can get too full, particularly at evening time however it is a good service.  
- **Evan Watkins, 2nd year: Euro BBA**



Photos by Marie-Sophie Klingebrunner



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## DEO vs. BO

Chandler Yang

do more harm than you think?

Feeling a bit Lynx-y? Fancy a bit of body spray, a bit of Dark Temptation or an exotic air of Africa? Let Lynx Excite, let Lynx Rise, may you lie dead on the bed and never rise again. What? Have you not heard that one? Well, breathe, it's alright. It's a silly old saying. Lynx is great; I use it as well. I like the happy particles ejected from the mouth of a deodorant can. They certainly make you look and smell sexy! Cheaper than perfumes, deodorants are celebrated by us skint students. But have you ever wondered whether those friendly nice-smelling particles are actually little, pernicious assassins in disguise? Frenemy. That's the word. They definitely kill your sweat. But could they one day

**There is a controversial debate on whether deodorant and antiperspirants may contribute to the cause of breast cancer.**

Aluminium-based compounds and parabens are common ingredients for both products. It is said in some reports that those chemicals may be absorbed by the skin and induce an oestrogen-like effect, which could promote the growth of breast cancer cells. However, this claim needs more specific research to be convincing. For now, there is no evidence which suggests

the parabens found in the tissues of breast tumours are concentrated from the use of deodorant or antiperspirants. I am not advocating the idea that "millions of people who use those products are more likely to get breast cancer." It's preposterously terrifying and almost definitely untrue. However, it opened my eyes to the threat that some people think deodorant possesses.

If you google "deodorant, death", there have been some tragedies related to the misuse of deodorants and body spray. Most of them happened in confined spaces. I understand, truly and with empathy, that it is hard and almost humiliating for us who, instead of perfect, glistening six-packs, possess a massive, jingling paunch, to stand before the open window and lustfully spray deodorants all over our naked bodies after a shower. However, if you choose a more modest location, like a bathroom, apparently you should make sure the door or top window is open and spray the product over yourself moderately. This

is because apart from allergic skin reactions and asthma, inhaling deodorant excessively could actually cause breathing difficulties.

**Some people have even said that using body sprays obliterates your "natural" charms for the opposite sex.**

Deodorants normally contain ingredients such as alcohol and antimicrobials to kill bacteria (which turn the odourless sweat into a musky smell) and include fragrance to mask "rude" smells. Antiperspirants have aluminium salts dissolved in sweat, forming a coat of gel to cover the sweat glands. Thus, it reduces the amount of sweat. In other words, deodorants alter our natural smell, destroying our individuality, while antiperspirants prevent us from sweating which helps

us to cool down. Researchers at the University of California have said male sweat causes female hormones to rise, with the results of their improved mood and "significantly higher" sexual arousal due to the androstadienone found in men's sweat. While women's hormone levels appear to be affected by androstadienone, it is also claimed that there is no hard evidence of its effect of drugging women towards swooning over sweaty men. Certainly after exercising I too have not found any evidence of this.

Although the myth of the potential breast cancer risk is unconvincingly founded on inadequate evidence, deodorants have taken some young lives. Combined with the possibility of increased attractiveness should we shun the spray, maybe we should ask ourselves how necessary these products are. They cost us money, they make us less attractive and they have been known to kill people. I can't think of any better reasons to fight against these products!



Photo by Jay Theis



# What can we do about childhood obesity?

Steph Mitcalf

Weight is a big deal to us, and it's an issue which the newspapers always go back to. We all worked out our BMI a long, long time ago in our school science lessons. "Five-a-day" has been so strongly imprinted on our minds that this somewhat ambitious rule is ever present whenever we buy an apple. Yet we appear to have stumbled upon a childhood obesity crisis, which may lead to higher proportions of people developing type two diabetes and heart disease in the future. In May 2012, alarming headlines such as "fire crews demolish walls to release Britain's fattest teen from house" were in circulation. Although this was very definitely an isolated incident, it does raise questions about the extent of the problem and what the most workable solution would be.

Obesity in young people is possibly more alarming given that this is the time where it is socially acceptable to run around at break time and that

it's the period in your life when your metabolism is at its most effective. The NHS claims: "for children attending reception class (aged four to five years old) during 2011–12, 9.5% were obese." Similarly, the Health and Social Care Information Centre claims that: "the percentage of final year primary school children (generally aged ten to eleven) who were overweight or obese increased to 33.9% in 2011/12, up from 33.4% in the previous year." This is such a high proportion that it does seem quite farfetched. As a result of research in the last few years, some campaigners have called for obesity to be viewed in the 21st century in the same way that smoking was treated in the 20th century.

The rise in hospital admissions due to child obesity has also been very significant. In 2009, almost 4,000 young people required hospital care for health problems which were complicated by being overweight. In comparison, in 2000, there were 872. The NHS offers its diagnosis of why there is such a "crisis." Firstly, they blame the "easy access to cheap, high-energy food that is often aggressively marketed

to people." Secondly, they point to the less active lifestyles people now have because they work more, as well as the rise of TV, the internet, Xbox and so on, which all mean that people sit down for hours on end. Finally, they believe that the use of public transport and cars is putting people off walking to places.

However, it would be ignorant to believe that this "obesity crisis" is wholly down to the 21st century lifestyle. If this was the case, we would all be obese, but we aren't. In fact, being fit is very definitely encouraged now. It's a rare day on Twitter if I don't see at least one person posting a picture of their fruit salad, workout clothes or something about their morning run. Many instead point the finger at the parents of overweight children, believing that they do not do enough to ensure that their children are active and eat well, as they are so young they do not appreciate the importance of looking after themselves. Recently, it has been reported that in response to this "pester power" and growing fears over childhood obesity, Lidl supermarkets have removed sweets from

their checkouts, replacing them with healthier options such as fruit and oatcakes.

Most agree that the root of childhood obesity is a combination of these factors. However, the methods of dealing with the "crisis" are far reaching and, at times, controversial. Most are familiar with the campaigns promoting healthy eating in young people which are distributed in schools in particular. However, more drastic measures have also been taken. The BBC reported in 2012 that "the question of whether extreme obesity is a child protection issue is

a sensitive subject, but one which is gaining traction with some health and social care professionals." The Sunday Express has also claimed that in 2013, five children were taken into care because they were dangerously overweight. Some doctors have also suggested that they struggle to talk about a child's weight to parents and some parents struggle to hear it. However, doctors and parents should behave in a way that is in the child's best interest and that is not by turning a blind eye to the problem. We need to be open and active about this worrying issue.



Photo by Jay Theis

old's  
cool

it's a retro-haven

LEGENDS

11PM - 3.30AM

WEEK 4 - FRIDAY 7<sup>TH</sup> FEB

THE sugarhouse

# Gove's history students: They shall not pass



Photo Courtesy of the Policy Exchange

Matt Lines

The centenary of the start of the first world war is clearly a hugely significant event, something which as a nation we should remember.

There are many things that the government is proposing that are encouraging, such as the proposal to spend £50 million on commemorations, including events at the Imperial War Museum.

In addition, they hope to spend £5 million sending one teacher and two students from

every state secondary school to battlefields of the war to lay wreaths. So far, so good; so far, so respectful. However, the prime minister had previously equated the commemorations to celebrating the Queen's Diamond Jubilee. Ahh! To celebrate an event where three quarters of a million British men died, and millions more were wounded, both physically and mentally, does leave a rather bad taste in the mouth.

Not only this, but what is it that we are celebrating: the fact that we won? That we beat those dastardly Huns?

This does seem rather dated, nationalistic and, more than this, disrespectful when the causes and reasons for our involvement in the war are still the subject of hot debate. Education secretary Michael

Gove, bless him, claims that: "only undergraduate cynics would say soldiers were foolish to fight." The focus of the ire in his piece for the Daily Mail was Sir Richard J Evans, who in actual fact was not criticising the soldiers themselves but those who made them believe that they were "fighting the good fight." Whether it was right for the soldiers to be there is another issue still being debated. It is the view of Gove that it is only those on the Left who criticise the war in this way. He is wrong; Niall Ferguson, an academic no-one could accuse of being "a bit of a lefty", has argued in The Pity of War that not only was Germany only partly responsible for the war, but also that Britain had no business getting involved and should have left continental Europe to fight it out. In his 2013 book The Sleepwalkers, Christopher Clark presents a contemporary perspective: we should shift away from this blame game and accept that there were ideological and strategic reasons for all the

nations to get involved.

The other focus of Gove's criticism is Blackadder Goes Forth, and particularly its use in schools. This BBC comedy, he believes, is giving our kids a leftist view of history.

Now, Blackadder is comedy, not history. When Baldrick says that "it started when a bloke called Archie Duke shot an ostrich 'cause he was hungry", for example, this is objectively funny with a little bit of GCSE History thrown in. The series does criticise the war, and arguably perpetuates the "lions led by donkeys" perspective, but this is a common viewpoint, even if not an entirely accurate one. If it were accurate, how on

Earth would we have won the war? If viewed as an opinion and not as fact, however, then Blackadder Goes Forth is a great resource for teachers to use. It's very funny and engaging, and the final episode, Goodbye, is one of the finest finales in television history: at once poignant, real, and heart-breaking, dramatically showing the futility of war.

Tristram Hunt is right in saying that "the government [under Gove] are using what should be a moment for national reflection and respectful debate to rewrite the historical record and sow political division."

The BBC controller, Adrian van Klaveren, has also summed up perfectly what needs to be done with regards to how we remember the first world war. "There will be many highly charged debates over the next four years. Our job... is to give people the facts and different opinions, and let them make up their own minds."

For this reason, the BBC posted two articles on their website recently, one on January 20 and the other a re-post from June 15 2013. The newest article concerns the myths about the first world war and de-bunking them, while the original looks at the accuracy of the history in Blackadder. All of this output from one source manages to show different perspectives, whilst at the same time giving the readers the facts so that they can make up their own minds. In Gove's article he mocks and condemns the Left's point of view before, ironically, stating that we need a fair and balanced discussion. This final point rings true and that is what must be done whilst we remember and commemorate the Great War.



# Are you super-human enough to get a Grad job?



2014 is meant to be the best year for the newest generation of graduates since the economic downturn. Headlines shouting about a “seven-year high” of graduate jobs, however, only tell half the story. The reality is that almost four in ten graduate jobs amongst the top 100 employers will only be available to graduates with previous internships, industrial placements, or work experience at their company. 50% of opportunities at the top law firms are also only offering jobs to graduates with previous internships, as well as three quarters of such opportunities being available at City investment banks. That’s not even mentioning that the average starting salary is stuck at £29,000 for the fifth year in a row.

In an effort to brighten up the education headlines, most of the media have completely glossed over the issue at hand: that the majority of university

students have very little chance of actually getting an internship at the company of their choice. Though the top 100 employers have a record 11,819 paid internships available during this academic year, there’s the small matter of elbowing your way past the other dozens of students to get onto the internship, and then trying to finance transport and accommodation during the internship itself – which will no doubt be located in either London or Manchester. All this is assuming, of course, that you’ve decided what you want to do and where you want to work well in advance of your graduation.

The life of an average graduate now consists of finding work experience to get an internship to get a job – three hurdles where we can all fall down at any stage.

It’s no wonder that the number of students seeking counselling for mental health issues has soared in recent years; this nightmare is surely enough to make anyone crash and burn. We’re in an age where graduate employment is fast becoming elitist and damn near impossible, with worries that wealthy and well-connected students are taking up most internships, and therefore most graduate opportunities. Once again it’s the less well-off and poorly-connected students who are suffering and who are getting sucked into an ever increasing black hole of unemployed young people.

How can any but the superhuman manage to get a decent job these days?

So many companies have such rigorous application processes for internships as well as jobs that it’s gobsmacking that they actually want to take anyone

on. It’s a sign of growing disenchantment between the world of academia and the world of work, one that is not going to lessen. It’s all very well for universities minister David Willetts to say that “a degree is still one of the best routes to a good job and a rewarding career,” but the fact is, as we all know, that companies would much rather hire someone with experience than a degree.

Instead of teaching us about the field we’re studying, it would be just as well for universities to help us map out our lives for the next few years as soon as we arrive: decide what you want to do regardless of the fact that you probably have no idea; find some work experience or do some voluntary work in that field even though gaining such opportunities are becoming increasingly saturated and difficult; then apply for an internship which is just as rigorous as applying for a job; and then do it all over again when it comes to October in your final undergraduate year to earn an average salary that hasn’t changed in five years.

Instead of being the time of your life and a time

for studying, university is increasingly becoming a three-year stress-inducing worry for generations of people.

Will there ever come a time again when students can walk into jobs because they are the right people to do it, rather than having to prove it by way of endless weeks of work experience, often unpaid?

It would be nice to think so, but unless the economy suddenly starts booming again, it’s highly unlikely. The UK is churning out so many qualified, hardworking, and skilled graduates, as well as opening university doors for so many people, that the job market just cannot cope or differentiate between people. All we can do it is try our best, and simply hope that good fortune comes our way.



Photo courtesy of Lancaster University Press Office

# Letters to the Editor & Puzzles

If you have any comments on our content or would like to write a letter to SCAN, please contact Rachel May Quin at the following address: ✉ scan.editor@lusu.co.uk

Dear Editor,

The following letter is an open one, addressed to those in the University involved in the Lonsdale drunkenness ban.

I read in the national press, with increasing chagrin and disappointment, that Lonsdale College is to start fining students who appear to be drunk. I expect this is an inevitable response to Lancaster’s increase in academic standings. If this policy is to continue then Lonsdale will produce bright, yet socially inept, graduates more used to sitting in a laboratory than making connections across industry. I graduated in 2007 and spent the majority of my years in the college bars, making friends and social connections for life. This taught me how to build both social

and political capital and has stood me well in the years since. The ability to make a connection on a personal level has been key to progressing within a working environment.

Bars and beer build social and political skills. Lectures do not.

While I understand the dangers and implications of alcoholic overexertion, such excesses are already adequately covered by existing UK laws. It is not befitting nor helpful for a university to place arbitrary and vague limitations on its students, when a large part of their adventure is self-discovery and finding the boundaries of their own limitations. A student who experiences the effect of drunkenness for themselves will have a far greater understanding of that state than someone who is forbidden from it.

I am led to believe that the fine was implemented after a particular drinks

offer was made available in Lonsdale bar. The simplest solution would have been to ask the bar to remove the offer. Your students did not seek nor did they provoke a response of such hostile disproportion. After hearing they could be punished for exerting their public rights, the students rallied and defied the threats laid before them. To say the fine was counterproductive would be an understatement.

Beleaguered students around the country have faced nearly a decade of rising alcohol prices. Lancaster students have seen their bars fall into decline – bars that desperately need their trade, and which found and solidify lifelong friendships and memories and tales that pervade the character of each college. Putting needless pressure and judgement on an institution as priceless as this seeks not to protect the students, but to destroy

that character; to break its last shred of hope and put an end to a maligned and misunderstood culture. Students who engage in social activities – and yes, occasional substantial drinking – at your bars should be praised for their involvement and trade. They should be allowed to reward themselves for their hard work, not threatened for encroaching upon the limits you have placed on their enjoyment.

Let your students be who they want to be. They are here to learn all aspects of life, not simply academia. Let them make mistakes and learn from them. I certainly hope you learn from yours.

Regards,  
Matthew Balmer.

SCAN reserves the right to edit letters chosen for publication.

## Fancy yourself a master of puzzles?

Don’t forget to tweet us @SCANLU and let us know if you managed to beat our SCAN puzzles. Also, if you have any suggestions for puzzles or ideas for crosswords, we’d love to hear more about it.



### Sudoku

Easy

7				8	4	3	5	9
6	5	9	3	2	7			
		8	5				6	7
9				5	3			8
4		3		7		6	9	
2	7		8	9	6	4	1	
8	3			6	5	9	7	
1		6	7			5	4	2
5			9	4	1	8	3	6

Medium

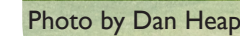
3	5	9	1	4				
7		1						
4		8		5				
	7			3		5	2	8
8				2			7	
						1		
5			2			6	9	4
		6	3	9			8	
	9	7	8		4	3		1



**Sports Editors:** Erik Apter & Iain Beddow  [scan.sports@lusu.co.uk](mailto:scan.sports@lusu.co.uk)

**Ollie Orton**

The focus of the team should now be placed upon the new, youthful generation of England cricketers - the nucleus of the team must reflect this.



MY TEAM VS SRI LANKA:  
Cook (c), Root, Bell, Robson,  
Ballance, Stokes, Prior (wk),  
Broad, Anderson, Finn,  
Panesar.





# Hitzlsperger’s sexual revelation needs to be addressed for football to progress



Erik Apter  
Sport Editor

Thomas Hitzlsperger’s recent revelation to a newspaper in his native county of Germany that he is openly gay has once again opened up the debate regarding homosexuality in sport just weeks after another high profile sportsman, Tom Daley did the same.

Despite Hitzlsperger’s admission coming after he has retired from professional football due to re–occurring injuries, it still nevertheless represents a huge step for the sport. As the only player to ever play in the Premier League and come out as openly gay, Hitzlsperger is the biggest name in football to “come out” in over 20 years. Could this then be the start of removing one of football’s

biggest issues?

With over 50 caps for Germany and being a member of Stuttgart’s Bundesliga title winning side, “The Hammer” is certainly the most successful footballer to take this brave step, but even he thinks it will be a long time before players can be accepted as gay whilst still playing.

The last high profile case came courtesy of the late Justin Fashanu, who came out whilst still playing in 1990.

Fashanu was a big name striker in England already, having the title as the first black million pound player, which meant his revelation sent shockwaves through a

very narrow minded sport. Fashanu’s story was a tragic one, committing suicide following allegations in America regarding a 17 year old boy and with that, football fell silent once again.

It is difficult to say if the tragic story of Justin Fashanu had an adverse effect on homosexuality in football, but it was certainly a huge milestone. Fashanu was derided not only by fellow professionals, managers and fans but even by his family and brother John.

Othersports slowly but surely seem to be breaking down the walls of homophobia, as seen with Gareth Thomas in Rugby and the public team backing that the English Cricket team gave to Steve Davies when he came out. Football however, has been for so long the place where no openly gay sportsman dare tread, until now anyway.

Former Leeds player Robbie Rodgers announced his retirement and homosexuality almost simultaneously in

2013, giving an example of a footballer who despite being just 25, felt it too much to be openly gay and a professional footballer. This decision has been reversed however and Rodgers now is the highest profile footballer to be out and still playing, plying his trade for LA Galaxy in the United States.

So if Rodgers can do it, why can’t other players do it? An interesting theme amongst the reactions to Hitzlsperger and Daley’s recent public admissions was one of bemusement. Many people felt it to be a non–story and were annoyed by the hype surrounding the sportsmen’s sexualities.

Why should it even matter?

Well it shouldn’t, but that’s entirely missing the point. These cases should be

publicised, talked about and discussed until the day when such is the social norm that being gay and a sportsmen is entirely irrelevant. The fact is, until we get regular cases where sportsmen can be open about their sexuality without being abused or it affecting their career then the issue will continue to arrive. Daley’s huge media presence in this country gave a massive boost to this, and more need to follow suit of coming out during their career.

A lot of sportsmen and women will disagree for one reason or another, whether it be on grounds of religion, opinion or simply geographic circumstance. Many sportsman have continued to encourage their gay peers to keep their homosexuality under wraps for their own sake and the sake of their careers.

This opinion has a lot of valid points, why should sportsmen risk their careers so it’s easier for the next one to come out? Especially in team sports where being part of a group is so important, the potential risk surely far outweighs the good on a personal level? Truthfully, that’s entirely down to the individual, as simple as that.

That being said, only by sportsmen publicly admitting their acceptance for equality within sport can we fight the issues we face. Only by players supporting their fellow professionals, teams respecting each other on terms of ability alone and public debate being sparked, can we finally start to break down barriers. Then, and only then will sport no longer care one tiny bit about sexuality, it will be all about the competition.

Ironically then, the only way for homosexuality in sport to cease being an issue, is to make it an issue.



Photo by Libero

# Sochi Winter Olympics 2014 Preview

Steff Brawn

Dark mornings, bitterly cold weather, new year’s resolutions that have already failed and coursework coming out of your ears; the winter season can be grim. Some would tell you though, that the extremities Winter brings us actually make it the most exciting season of all. Those people are Olympians who are all set for a trip to Sochi in Russia for the start of the 2014 Winter Olympics (February 7th – February 23rd) and Paralympics (March 7th – March 16th).

In contrast to the Summer Olympics, the Winter games are full of much more extreme sports where the adrenaline junkies go head to head to conquer the slopes and master the ice. The competition involves 15 sports, much less than in the summer but full of just as much variety. Firstly, we have our skiers and it’s not all about weaving between those gates at full speed. The ski events this year are Alpine Skiing, Freestyle, Ski Jump and Cross Country along with those that like to take on more than one of those in the Nordic Combined and Biathlon, which combines skiing with shooting.

Snowboarding also takes place on the slopes and is worth watching, especially with some medal hopes for Team GB.

Secondly, there are those that aren’t fazed by a slippery surface in Ice Hockey, Curling, Figure Skating, Speed Skating, and Short Track Speed Skating. Finally, if speed is what thrills you the most, be sure to catch the Bobsleigh, Luge and Skeleton Bob that truly challenge your nerves.

If you think the ones that take on these challenging events are brave, there are ones that certainly see no limits when it comes to taking on white knuckle sports in the Paralympics. This will be taking place in March and with sports such as Wheelchair Curling and Ice Sledge Hockey that are hard to imagine, it is definitely not to be missed.

As you can see, the

Winter games are not short of excitement; you are guaranteed to be on the edge of your seat for the best part of two weeks.

For those of you who are thinking “what’s the point in all this excitement if there are no British medal hopes?” – brace yourselves for a mountain of talent.



Photo by S.Yume

## 2014: Cycling Season Preview

Ben Clay

This year’s men’s road cycling is getting underway and so it’s time to get ‘in gear’ before all of the major races kick off. The cycling season is made up of so much more than just the Tour de France; few realise just how many quality races that take place during the season.

The first major race you need to look out for is the Milan–San Remo, also known as La classica di Primavera (The Spring Classic), which will run on the 23rd March. This is the longest single day race on the road cycling calendar, running for around about 300km and is a long day for everyone involved. Last year this race was contested in horrendous weather conditions, the fact it was even completed is a testament to the resolve of professional road cyclists.

A race to look out for, though it isn’t a classic just yet, is the Strade Bianchi. This race takes place along the white gravel roads of Tuscany in early March. It is a relatively recent addition to the racing calendar, yet it has gained tremendous popularity because of the exciting racing it produces each year.

The next set of classic races are the Cobbled classics which take place in Belgium and Northern France as four of them make up the set: E3 Harelbeke, Gent–Wevelgem, Tour of Flanders and Paris Roubaix. Without wanting to cause too much disrespect to the first races in this series, they are great races in their

own right, it is the final two cobbled classics which everyone looks out for. The Tour of Flanders (Ronde van Vlaanderen) is a race full of steep cobbled hills which only the strongest of riders can conquer whilst at the front of the action. With the race containing a number of short and very steep hills, it naturally creates chances of exciting short bursts of action occurring. Paris–Roubaix otherwise known as ‘The Hell of the North’ is a race about surviving the

Throughout the road cycling season there are races which, in terms of length, come in between the One–Day Classics and the three week long Grand Tours which are known as Stage Races. These races are seen, for the most part, as preparatory races for each of the Grand Tours. However each of these stage races has a history and prestige which should not be ignored; stage races to look out for are one like Paris–Nice, Tour de Suisse and the Critérium du Dauphiné. With these races being shorter in length compared to the Grand Tours, more aggressive racing is likely because it is less of a burden in terms of endurance.

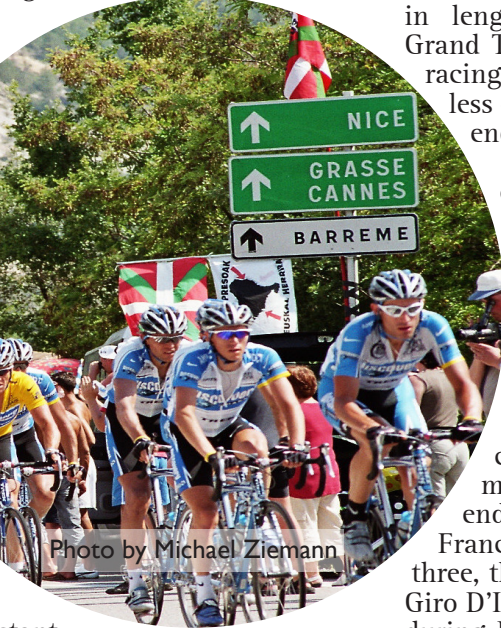


Photo by Michael Ziemann

stant punishment which accompanies riding along long stretches of cobbled roads. This race shouldn’t be missed, especially if the weather conditions take a turn for the worse, then they may just cross into the realm of being epic.

Following very closely after the hellish cobbled races, your attention needs to shift to the Ardennes Classics. There are three races that make up these classics: Amstel Gold, Flèche Wallonne and Liège–Bastogne–Liège.

Each season of road cycling is stapled at three different points by races which are known as Grand Tours. These races are three weeks in length and are one of the few sporting events which can claim to be the ultimate test for an athlete’s endurance. The Tour de France is only one of the three, the other two being the Giro D’Italia which takes place during May, and the Vuelta a España which runs from mid–August. The Tour may be the most popularised race, but the Giro and Vuelta can claim to have equally high quality racing and entertainment, especially since the Tour occasionally fails to live up to its own hype.

Grand Tours are the races which all young riders all dream of competing in and hopefully winning at some point in their career. These races mean so much that they are definitely not to be missed.



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## HEAD TO HEAD:

### Is diving in football just “part of the game”, and is it taken seriously within the English Premier League?

YES: James Benson

NO: Danny Gallagher



Diving, or simulation as FIFA commonly refers to the phenomenon, has become one of the most controversial aspects of the modern game. Despite many deeming the issue to be rife within football, the focus upon diving has become too severe. Whilst not attempting to advocate full blown somersaults that Olympic gymnasts would be proud of, all this renewed talk of diving ruining what is considered to be the greatest sport on earth is in my opinion, wide of the mark.

With an increasing number of live top flight games shown season-upon-season, the chances of a wider audience bearing witness to diving has undoubtedly increased. However, the notion that the number of players “taking a dive” is on the rise is a fallacy.

Since the Premier League was inaugurated in 1992, there have been a number of players that have gained a reputation for diving. One of the most high profile cases was that of Jürgen Klinsmann, the current United States national team manager, who had two spells at Tottenham Hotspur in the 1990s.

The German had developed a penchant for diving and this trait carried on when he arrived in England. Amidst much criticism he reacted humorously, celebrating goals by diving to the ground. With such evidence from the past, it is apparent that diving has been a part of the game for a number of years, which begs the question, why wasn't it deemed such an issue earlier?

Further to this, as has been previously stated, once a player gains a reputation as a “diver” the stigma usually sticks with them. Prior to his world-record move to Real Madrid last summer, Gareth Bale amassed seven bookings for diving, over half the number his club accrued in the same five seasons. Whilst some could argue that Bale was being targeted by referees, in each case the general consensus was that he had in fact dived.

With such measures being taken against Bale and Adnan Januzaj, amongst others, it is apparent that the laws of the game are being applied reasonably strenuously and the issue is taken seriously.

Aside from the furore around diving, one must consider the action in itself and whether it represents cheating or is simply clever play. When Liverpool took on Aston Villa in January, the much maligned Luis Suárez went down under a challenge from the opposition's Brad Guzan, resulting in Jon Moss awarding the home side a penalty. Considerable debate ensued with prominent figures and fans alike at odds regarding the decision.

One of those who leaped to Suárez' defence was ex-England international Gary Lineker. Whilst hinting that he felt the Liverpool forward had made the most of the contact, his rhetoric suggested that there is a skill in what unfolded. Via his personal Twitter account Lineker aired his view, saying, “It's clearly making the most of a keeper's recklessness and completely different to diving with no contact. Playing for a pen? Yes. Diving? No.”. In this instance, like many others, the player went down under contact and although swathes accused him of going to ground easily, the fact remains that the Uruguayan had been fouled and so reacted appropriately.

What is clear is that the so-called issue of diving has been blown out of proportion and, if anything, there are a number of other issues that the sport's governing bodies must deem more pressing. One such problem is the ever controversial offside rule.

Greater clarification is required to ensure that disputable offside decisions do not continue to blight the game. When Cheick Tioté scored against Manchester City earlier in the campaign, his goal was ruled out because the match officials deemed his Newcastle United teammate Yoan Gouffran to have been in an offside position that meant he was interfering in play.

Within and outside of St. James' Park there was widespread disbelief and this decision merely serves as one example of the continued problematic nature of offside calls.

Without doubt, diving is a topic which provokes much discussion, though in reality it is only a negligible part of the modern game carried out by a minority of individuals. As such, focus would be better placed on more pressing matters such as clarification of the offside rule.

This season has seen the spotlight cast down upon the issue of diving perhaps greater than ever before, with the concept in some people's eyes appearing to convincingly bed itself into the fundamentals of the English game.

Long term tradition and value allocates English football an image synonymous with ‘no nonsense, hard but fair’ sporting competition. Nevertheless, in recent years this view can confidently be said to have changed, or at least seen its course altered by the ever growing influence of wider European football.

Just like the English Premier League (EPL), football on the continent within the various respective top-flight leagues, has seen a progressive shift in all elements of the game itself; an overbearing component of this that simply cannot be overlooked is diving. Stereotypically viewed as an unwelcome export from the misdemeanours of La Liga, Serie A and Ligue 1, diving, or to be attributed its correct term, ‘simulation’, is now debatably a prevalent issue on a weekly basis within English football.

The outcry of the ‘simulation’ debacle was considerably promoted this season when it became public knowledge that Manchester United youngster Adnan Januzaj became the second, all-time most booked player for attempting to dive in order to win the referee's decision. The enormity of this however can be placed in perspective when one considers that Januzaj, (18) was only a mere 14 appearances into his Manchester United career before this highly undesirable record was ‘achieved’, so to speak.

After breaking through onto the scene in extraordinary fashion, for arguably one of the greatest teams in Europe, Januzaj still stands as one of the hottest prospects in world football right now, an exquisitely skilful winger and certainly a joy to behold. Nevertheless, it is undeniably true that in the world of football mud sticks, and once a player becomes tarnished with the label of ‘diver’, the wider connotations are notoriously hard to shake off.

All this begs the question therefore, is diving or ‘simulation’ taken seriously within the English game? The fact that players are now receiving yellow cards for such an act and that the guidelines on dictating what constitutes as ‘simulation’, suggests yes; however collectively, in the grand scale of things, it must be said diving is simply not taken seriously enough.

With so many penalties being awarded in top flight football, bringing with them an aftermath of debating furore, it must be adjourned that the seriousness of diving simply isn't handled with the highest degree of care; particularly as the awarding of a penalty could sway a tie in a certain way, potentially making or breaking a certain teams season.

A more pressing factor of this whole debate however, is the impact diving is having upon the younger generations of English football, those picking up the gauntlet cast down by the icons of present day. It goes without saying that the vast majority of English Premier League footballers are role models for thousands of adoring fans, representing to them what it means to be to have reached the pinnacle of the sport they love.

Adnan Januzaj, as aforementioned, is touted to become one of ‘the’ next big names of the premier league; a player who will undoubtedly amass a large quantity of idolising fans on his journey to become a Manchester United great. It would be a travesty therefore for a player of this calibre to continue his diving exploits in search of wrongly winning the official's decisions, and thus have a huge fan-base seek to emulate this method of play as a result.

Diving certainly needs to be tackled with a much stronger degree of assertion if this new-found, supposedly European influence, is to be eradicated. There is no place for simulation in English football, just as there never has been. The English game prides itself upon being crafted from fine sportsmanship and exhilarating competition, a culmination of which makes the EPL one of the most covered sporting competitions on a global scale. To make a stance against diving would simply serve to retain this status and continue the prestige and longevity of one of the finest leagues in world football.



Mid-season Review:

Inter College A League

Football

Pendle

League position: 7th    Form: DWLD

Next game: Bowland (February 5th)

League Champions last year, Pendle have failed to emulate the successes of their first A league trophy in years. This side of Christmas they'll be hoping to bounce back up the table and justify the title they won last year. Having already dropped seven points, Pendle will be relying on their opposition to let-up as their chances of retaining the league slowly slip away. Captain Damian Brewer told SCAN "I believe we have a team capable of reaching the heights of last season especially after a crushing 4-2 victory in pre season against the University seconds. However, with injuries to key players, some disgusting playing conditions and missed chances, we have been unable to emulate last season. Since the Christmas holiday we have been training hard and hope to keep the pressure on the teams at the top. We are also looking forward to the inter college cup, as we have come runners up in two of my three years at Lancaster."

County

League position: 2nd    Form: DWW

Next game: Grizedale (February 5th)

County currently stand as the only team undefeated in the league. An opening game score-draw with Pendle serving as their only dropped points of the year. In brief County have looked strong, scoring hasn't been a problem and their defence have looked tight. Last year's runners-up have a game in hand over Grizedale and will hope to leapfrog the Hogs in their next game which shall be a top of the table crunch match against the current league's leaders. Captain Joel Watson told SCAN "I am very happy with the start of our season but we know in this league things can change very quickly so we can't get complacent. We have a very good squad and have the ability to compete on all fronts this year."

Lonsdale

League position: 3rd    Form: WWLLLD

Next game: Bowland (February 12th)

Although the league table suggests otherwise, this year has not been Lonnie's year.

Having played the majority of their games already, last year's LUSU Cup runners up have failed to build on a previously successful season. Despite starting the season well, things have quickly deteriorated. Where Grizedale have excelled, Lonsdale have digressed, making a bottom 3 spot in the league a real possibility. Their lack of strength in depth, following notable injuries in key positions, have seen the team beat current leaders Grizedale convincingly, followed up one month later by losing to bottom placed Cartmel.

Fylde

League position: 5th    Form: WLW

Next game: Grizedale (February 12th)

Having only played three games, Fylde have all to play for in the second half of the season. Losing once to neighbours Furness in between two wins against lowly Cartmel and Lonsdale, Fylde sit mid-table needing to pick up maximum points - you'd think - to pick up league silverware this year. Captain and top-goal scorer Billy Crow was notably very happy with the start to the season telling SCAN "As a team we need to take our chances in matches as this is something I feel has cost us in the past. It's a very competitive year with up to 5 teams in with a chance of the title. If we continue playing well we will be in with a great chance!"

Furness

League position: 6th    Form: LLLWW

Next game: County (February 12th)

Sitting level on points with neighbours Fylde - who they beat in a scrappy match - Furness are hoping to find a way out of the mid-table mire that they've recently found themselves in. Despite losing twice they haven't been outclassed in any match yet and will look to finish the season with tough fixtures against last year's 1st and 2nd finishers: County and Pendle. Centre midfielder Ste Lyddon spoke to SCAN saying "We started off really slowly with two disappointing defeats, the turnaround came when we lost to Bowland in the last minute. We've won our two games since then comfortably, and are pretty confident for the last two games!"

Grizedale

League position: 1st    Form: WWLW

Next game: County (February 5th)

As anticipated the Hogs have been this year's dark

horses. They took top-spot after defeating last year's winners Pendle, courtesy of a Jack Maullin hat-trick, at the end of 2013. Although losing to out-of-sorts Lonnie, optimism is high at the leagues greatest improvers. Man of the moment Maullin told SCAN "We've made a great start topping the league at Christmas with a young squad of mostly first years. Importantly though, we need to keep it up by winning the next few crucial games to be in with a chance of the title."

Bowland

League position: 4th    Form: WWL

Next game: Pendle (February 5th)

Bowland have started the year greatly, compared to last year's 7th place finish, they are now 4th, only losing once to County by a solitary goal in the process. Following back-to-back seasons in the bottom two, Bowland have maintained a strong improvement and have a strong chance of winning the league thanks largely to James Iberson-Hurts goal scoring record, having netted 6 in 3 games. Captain Aaron Leong spoke to SCAN expressing their need to add goals from elsewhere but is hoping that they'll "carry on playing well, winning games and pushing for the league title."

Cartmel

Cartmel picked up their first win in over a year back in December, beating Lonsdale 2-1. That win proving to be one of the few reasons of cheer for the south-westerly based club. Leaking goals has been their main pitfall, conceding 17 after 6 games. With only County to play, it looks like another year rooted to the foot of the table, as their league title victory of 2012 quickly becomes a distant memory.

League position: 8th    Form: LLLLWL

Next game: County (February 16th)

Netball

Fylde

League position: 1st

Form: WWWWWWW

Next game: Grizedale (February 4th)

The league table doesn't lie and at this stage of fixtures Fylde remain unbeaten and have not lost now for a remarkable 3 years. However look down below top-spot and Lonnie are close on their heels, meaning any loss of concentration from the Champions could prevent retaining the title they have monopolised. Current Captain Katie Mitton expressed what was great to see about her team telling SCAN "Although it takes a lot of hard work and dedication, it all pays off when you see your teams playing together and enjoying themselves."

Furness

League position: 8th

Form: WLLLLL

Next game: County (February 4th)

Currently Furness are bottom of the league, with the biggest negative score difference too. Having fallen runner-up to Fylde in the majority of the last three years, re-building toward a greater challenge next year will be needed. Their next game against County will be a good place to start the process, as the short-term goal of getting off the foot of the table will begin.

Bowland

League position: 3rd    Form: WLLWWLW

Next game: Lonsdale (February 7th)

Following the unveiling of the Bowland Tower this term, the ladies in red will hope to hold onto third place as the 14-storey beacon watches on in anticipation. In a league that has split off into 3 sub-sections Bowland are fighting it out with Pendle and County for 3rd place. A team captain Katie Gerighty revealed to SCAN "This year's Bowland squad has been one of the best that I have seen during my time in the club, everything is to play for in all

3 leagues."

Lonsdale

League position: 2nd

Form: WWWLWW

Next game: Bowland (February 7th)

Lonsdale's agonising one-point loss to Fylde in November has been the difference between first and second at the half way point of the netball A College League season. Lonsdale's ladies have amassed a greater score difference than Fylde so far, so the return fixture on the 18th February will be a blockbuster affair and likely crown the league Champions - providing Lonnie continue their otherwise unbeaten year. Captain Sophie Millington spoke of the game against Fylde telling SCAN "I really couldn't be happier with how the league's gone so far, we were so close to beating them (Fylde) last term so we're determined to go one better and will dedicate our performance to the Aussies who have recently left us."

County

League position: 5th

Form: LWWWLLW

Next game: Furness (February 4th)

Currently in the same position they finished last year, County are struggling to regain the top 3 position in the league - where they used to regularly finish. With a squad said to be "filled with promise" - Captain Caitlin Angell telling SCAN in October - have been beaten three times resulting in a negative score difference of -7. With the bottom 3 nine points beneath them, it seems unlikely they'll finish anywhere lower than where they currently are sitting. The team will look at losing to Bowland by a point and their run of four games unbeaten as inspiration to climb the table in order to finish as high up as possible.

Cartmel

Cartmel have been in the bottom 3 of the league for the last two seasons, but have managed to avoid finishing in the undesirable bottom place. In contrast to the football team, Grizedale ladies look to be on their way to another bottom-half finish. As the last college to win the league above Fylde, they have conversely been defeated convincingly by this year's league elite. Their only win of the year came against Cartmel in November and they'll hope to pick up points from the teams

League position: 6th

Form: LLLLLWL

Next game: Pendle (February 7th)

Like Grizedale and Furness around them, Cartmel have only picked up one win in seven - beating Furness 19-16. Hoping to extend their number of wins this year Captain, Lexi Lingwood told SCAN "Although we only have won one match last term we are positive that this term we will be more successful, especially in our brand new team kit."

Pendle

League position: 4th

Form: WLLWWLW

Next game: Cartmel (February 7th)

This season can be seen as a stark improvement for Pendle's 'witches', on the netball court. Having finished in the bottom 3 consistently in the last six seasons, their current position at the other end of the table is something they can definitely be proud of. Captain Jen Tatton shared her opinion on the season so far telling SCAN "Pendle have been having a great season. We hope to keep on our winning streak and do better than Pendle have every done before!"

Grizedale

League position: 7th

Form: LLLLWLL

Next game: Fylde (February 4th)

In contrast to the football team, Grizedale ladies look to be on their way to another bottom-half finish. As the last college to win the league above Fylde, they have conversely been defeated convincingly by this year's league elite. Their only win of the year came against Cartmel in November and they'll hope to pick up points from the teams around them (Cartmel & Furness) to avoid finishing in the undesirable bottom place.

**\*\*All form guides and fixtures correct at the time of print. Fixtures dependent on weather\*\***

**Iain Beddow: Sport Editor**





# Sport

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## Table Tennis Firsts: Lancaster 9 UCLAN 8

**Henry Saker-Clark**  
**Deputy Sport Editor**

Lancaster firsts now see themselves with a three point lead at the top of the Northern 2A division after clinching a win during a close encounter against rivals UCLAN firsts. The 9-8 victory reflects a match that was close fought throughout and was only decided in the last couple of matches to raise hopes of Lancaster promotion to the top tier. Having found themselves on the losing side of the same scoreline earlier in the season, Lancaster sought out retribution against one of their closest challengers in the division, fortunately coming away with victory on this occasion.

From the offset it was difficult to tell in who's favour the game was likely to swing; both teams clearly giving their all and providing a nail-biting finish. Around the half way point in the fixture, the scoreline reached 4-4 when tensions started to grow on both sides.

**One of UCLAN's players clearly became nervous and made numerous errors as Ding Fang Zhen took advantage to win the tight singles match 3-1.**

With numerous matches taking place at once, it was difficult to keep track of the constantly changing scoreline. As soon as a Lancaster play-

er claimed victory, UCLAN seemed to pull it back to even the scoreline

One thing that was consistent however, was the superb all-round play of Alex Tyson winning each of his four matches, in particular shining during

ter victory were he to win the encounter. After going 2-0 down it looked inevitable that

This took the overall scoreline to 9-7 and with one match left victory was assured, despite defeat in the final match Lancaster still emerged as 9-8 winners. Time restraints stopped another scheduled match from

After seven league matches, Lancaster sit on the top of the pile having won all their matches except for the season's opening fixture, the reverse tie against UCLAN. This equally tight victory however was, to use the football cliché, something of a six-pointer in the division.

**Now in second place in the Northern 2A division, having overtaken UCLAN firsts are York firsts, after an impressive 13-4 win against Lancaster seconds who remain in fourth.**

They have however outperformed themselves since last year when they tallied fewer wins than they have already achieved this time around.

Having won all of their matches, much praise must be placed upon the shoulders of Alex Tyson and Xiao Collins, lifting Lancaster firsts to a victory that was nevertheless a hard fought team performance.

The tie with UCLAN was considered in the run up to the match as of great importance in deciding who would win the league this season. The Lancaster firsts victory lifts them to pole position and they will hope for repeat performances to maintain their league standing for the rest of the year.

his last match—a 3-1 win against one of UCLAN's obviously most talented players. Although his dependable performances may have seemed to ease the nerves somewhat, only a couple of victories to one side or the other would have affected who became the overall victors.

With only one more game to play after, Rowan Campbell's final match was set up with the possibility of a Lancas-

UCLAN would draw level to 8-8 with one game to go which would thus be the decider. Somehow however, excellent play by Campbell turned the scoreline around completely and a Lancaster victory was ultimately claimed as he clawed it back and won 3-2.

happening which might have allowed for Xiao Collins to stretch victory further, but with victory already secured this couldn't stop Lancaster taking all three available points.

The two teams were clearly of a similar ability, making for a tense encounter and immensely important league points against the team who had previously sat second behind Lancaster.

Photo by Jay Theis